



City of Lincoln
**AGING
PARTNERS**

MY CENTER NEWS

August 2026

Aging Partners Day Trips

Reservation and payments are due three days before your trip. All trips must have at least 40 participants to occur.

For details and reservations, call 402-441-8453.



• State Fair – Older Nebraskans Day

Monday, Aug. 31

Bus departs: 8 a.m. – Victory Park Center

Returns to Lincoln by 6:30 p.m. – Cost: \$90 per person

Reservations accepted July 24 through Aug. 17.

From 10 a.m. to noon you will visit the various buildings and shopping opportunities on the fair grounds. From noon until 1 p.m., we will eat lunch (*on your own*). At 1 p.m. we will head to the Heartland Events Center for our 2 p.m. concert (KC and the Sunshine Band). After the concert, you can do any last-minute shopping or exploring. At 4 p.m. we will start loading the bus to head home.

• Nebraska City's AppleJack Festival

Thursday, Sept. 17

Bus departs: 10 a.m. – Victory Park Center

Returns to Lincoln by 5 p.m. – Cost: \$105 per person

Reservations accepted Aug. 3 through Aug. 28.

When we arrive in Nebraska City we will head on over to the Lied Lodge for a boxed lunch. Your choices are a Kasper's Club, Earth Bowl or a Vegan Wrap (meals include chips, gluten-free granola parfait and a bottle Dasani® water). Coffee and iced tea are also available.

After lunch, we will head to the farm and split into two groups. One group will go on a discovery ride (12:15 to 1:15 p.m.), and the other will go to the Arbor



Lodge Mansion for a guided tour with period attire. Then the groups will switch and do the other activity. In the Mansion, there are a lot of stairs and no elevators available, but you would be able to do a self-guided tour on the main floor. Once these tours are complete, you can go on the Apple Harvest and Sorting Room tour.

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

Medicare Drug Plan Workshops



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

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

Register: Sept. 9 Workshop



Register: Sept. 16 Workshop



2026 Dinner and Show

Auld Pavilion, 1650 Memorial Drive
5:30 to 7 p.m. (Doors open at 5 p.m.)
\$20 meal fee (catered by Hy-Vee)

- **Emily Bass – (Blues, Contemporary Pop and Soul)**

Thursday, Aug. 13

Menu: Smoked Country-style ribs, broccoli and cauliflower in cheese sauce, hash brown casserole, dinner roll

Reservations and payments are due Aug. 5.



- **Hillbilly Deluxe – (Country Swing)**

Thursday, Sept. 3

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

Reservations and payments accepted

Aug. 14 through Aug. 27.



Reservation and payment must be made by the deadlines.

Call 402-441-8453 for reservations.

Music sponsored by:

**Butherus,
Maser
& Love**
Funeral Home

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 (maximum 30)

12:15 to 1:30 p.m.

Join us in exploring Nebraska Before Statehood with David Bristow, (editor, Nebraska History Magazine) a distinguished Nebraska scholar.



Monday, Sept. 14

Reservations and payments are accepted Aug. 4 through Sept. 8.

Sack lunch: chicken salad, turkey, or roast beef sandwich, chips, fruit, cookie, bottled water

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

For reservations, call 402-441-8453.



Questions about Health Insurance and Benefits?

- **Medicare** – what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- **We also help with** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** – Free legal advice and referral services for those who meet financial guidelines.

Call an Aging Partners Benefits Counselor at 402-441-7070.

Handy Home Services

for those age 60 and over who own and occupy their home.



Do you need help with home maintenance or minor repairs?

Here are some of the available services:

Carpentry, gutter cleaning, electrical and plumbing repairs, lawn mowing and cleanup, window and screen repairs, safe home environment.

To qualify, call 402-441-7030 or email msump@lincoln.ne.gov.



Follow Aging Partners on Facebook

Following the Aging Partners Facebook page is a great way to stay updated on senior center activities, lunch menus and event schedules.



Aging Partners/ADRCNebraska

1.9K followers • 105 following

Official @CityOfLincoln account for Aging Partners/Aging and Disability Resource Center (ADRC).

Senior Center ★ 88% recommend (6 Reviews) ☎ (402) 441-7070



Message

Follow

Search



Click Follow

Here are the step-by-step directions to find and follow Aging Partners on Facebook:

1. Find the Page

There are two ways to get to the Aging Partners profile:

Direct Link: Open your web browser and go to facebook.com/AgingPartners.

Search Bar: Open the Facebook app or website and type "Aging Partners" into the search bar at the top. The page looks like the graphic above.

2. How to "Follow"

Once you are on the Aging Partners page, look for the Follow button near the top (usually right below the main cover photo):

Click the "Follow" button: This ensures the updates show up in your personal news feed.

Belmont Senior Center

Belmont Recreation Center

1234 Judson St., Rm 002 Lincoln, NE 68521

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

Lunch served: 11:30 a.m.

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

Center Manager: Erin Inbody

Monday through Friday

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

Tuesdays

- ▶ 10 a.m. – Group fitness classes: see schedule below

Wednesdays

- ▶ 10:15 a.m. – BINGO! Great fun and fabulous prizes! Our sponsor this month is Lending Hands Home Care. *Thank you for your generous support!*

Friday Shopping Trips

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

Walmart: Aug. 7 and 21

Super Saver: Aug. 14 and 28

Special Event Programs

- Aug. 4** 10 a.m. – Video fitness class: Full Body Strength: a seated full body workout to gain strength.
- Aug. 6** 10 a.m. – “Fitness at Any Age,” presentation by Sue Ann Henning, Angels Home Health Care.
- Aug. 7** All day – Rockin’ the Record Player; bring in your favorite vinyl records and take a trip down memory lane!
- Aug. 11** 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.
- Aug. 13** 10 a.m. – Denise Howe brings her guitar stylings with a performance of classic hits!
- Aug. 17** 10 a.m. – White Board Trivia: Challenge your friends and test your knowledge of the events and traditions of the month of August.



Aug. 18 10 a.m. – Nutrition handout: Shopping on a Budget

Aug. 20 10 a.m. – The Grateful Growers will bring the bounty of their flower gardens for you to make your own bouquet? *Donations of vases are welcome.*



Aug. 21 Noon – Celebrate August birthdays with cake and conversation!

Aug. 24 10 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist

Aug. 25 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson.

Aug. 28 9 to 11 a.m. – Jigsaw Puzzle Exchange; trade a puzzle you’ve already enjoyed for a new-to-you challenge! Bring one, take one, and keep the fun going!



City of Lincoln
AGING
PARTNERS



**Introductory
BikeLNK
Bike Share Classes**

Hosted by: Aging Partners Health and Fitness

Aging Partners Health and Fitness is partnering with the City's BikeLNK bike share program to host introductory classes this summer

**Mondays, 9 to 11 a.m.
Aug. 3 and Sept. 14**

Electric bikes, conventional bikes and helmets will be provided at no charge. Please arrive early for check-in and instructions.

Topics will include:

- What is the BikeLNK program?
- How to check out BikeLNK bikes
- Basic safety tips

Riders will have the opportunity to take a group ride on the beautiful trails around Innovation Campus. Classes will be held weather permitting.

Spots are limited. Call 402-441-7575 to register and for class location.

Northeast Senior Center

6310 Platte Ave., Lincoln, NE 68507

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

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

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

Center Manager: Ciji Mays

Monday through Friday

- ▶ 9 a.m. to 1 p.m. – Coffee Clutch, jigsaw puzzles, friendly conversations, computer lab, lending library, TV, card parties and workout room (independent daily fitness options: treadmill, elliptical, leg press, leg curl and extension, bicep and triceps machine).

Mondays

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

Tuesdays

- ▶ 9 a.m. – Join us for a Pitch Card Party! Come enjoy friendly competitions, good conversation, and plenty of fun. *All are welcome.*

Wear Pink Wednesdays

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

Fresh Popcorn Fridays

- ▶ 9 a.m. – Join us for a Pitch Card Party! Come and enjoy some friendly competitions, good conversation, and plenty of fun. *All are welcome to play.*

Live Entertainment

Aug. 14 – Chris Sayre

Aug. 21 – Gary Windle

Aug. 28 – Jimmy Mack

Special Event Programs "It's Flamingo Fling Month"

- Aug. 4** 10:30 to 11:30 a.m. – The Lincoln Fresh Produce Truck will be here, handing out healthy, free fruits and vegetables. While supplies last!

- Aug. 6** 10 a.m. – Flamingo coloring pages and National Root Beer Float Day with a strawberry pop twist!

- Aug. 7** 9:30 a.m. – Join us for a movie and popcorn!

- ▶ 10 a.m. – Beginners Line Dance Class! Meet Rose in the puzzle room for this easy and fun class. No experience needed — just come ready to move and have a great time!



- Aug. 10** 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required (1–2 months in advance) by calling Ciji at 402-441-7151 (\$25 suggested contribution).

- Aug. 11** 10 a.m. – Beginners Line Dance Class

- Aug. 13** 10 a.m. – Art with Anna! Join Anna Alcaide as she leads participants through some easy, beginner painting techniques. (Class size is limited to the first 10 signed up on the day.) Arrive early to reserve your spot!

- Aug. 18** 10 a.m. – Beginners Line Dance Class

- Aug. 20** 10 a.m. – Flamingo word search

- ▶ 11 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist. A fun twist on healthy eating!

- ▶ Nutrition handout: Shopping on a Budget

- Aug. 21** 10 a.m. – Enjoy the entertainment and sipping on Shirley Temples.

- Aug. 25** 10 a.m. – Beginners Line Dance Class

- Aug. 27** 10 a.m. – Chrissy Biaggio, with Lending Hands, will be here to discuss what home services you may be able to utilize.

WANTED Pitch Players

for Tuesday and Friday
mornings at the
Northeast Senior Center.



Call
402-441-7151
and ask for
Ciji.



Aging Partners Health and Fitness programs focus on injury prevention. Everyone is encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The Schmieding Foundation Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m. for Lancaster County residents, who are age 60 and over.

Certified Personal Trainer is available by appointment only.

For the fitness center, there is a \$10 suggested monthly contribution for those age 60 and over.

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

Health and Fitness education programs air on Charter Spectrum channels 1300, 1301 and 1303.

LNKTV City – 1300; LNKTV Health – 1301; LNKTV Education – 1303.

Exercise for a Lifetime includes Yoga, Qigong, Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, Tai Chi: Moving for Better Balance and Tai Chi for Arthritis and Fall Prevention.

Health Education Programs: Staff is available to conduct 30- to 60-minute programs for community, church and social groups. A variety of programs have been developed relating to illness and injury prevention, physical activity, nutrition and mental wellness.

Victory Park Foot Clinic / Health Promotion Services

For an appointment, please call 402-441-7506.

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at Victory Park Center, 600 S. 70th St. Sanitation guidelines are followed.

Services are only available to residents age 60 and over and reside in Lancaster County. These services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A \$25 suggested contribution will help these services continue.

Dance for Life

Classes focus on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Participants warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- **American Lutheran Church**
4200 Vine St.

Mondays, 1:30 to 2:30 p.m.
June 1 through Aug. 17
Sept. 14 through Dec. 14
(no class Nov. 2 and 9)

- **Auld Pavilion**

1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Sept. 16 through Dec. 9
(no class Oct. 28 and Nov. 11)

Qigong Refresh and Recharge

Slow, gentle movements help relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises.

- **American Lutheran Church**
4200 Vine St.

Thursdays, 1 to 2 p.m.
June 4 through Aug. 20
(NOTE: New day and time)
Tuesdays, 9:30 to 10:30 a.m.
Sept. 15 through Dec. 15
(No class Nov. 3 and 10)

- **Auld Pavilion**
1650 Memorial Drive

Thursdays, 1 to 2 p.m.
Sept. 17 through Dec. 10
(Note: New Time)
(no class Oct. 22 and 29,
Nov. 26 and Dec. 3)

Tai Chi for Arthritis and Fall Prevention – Level II

- **American Lutheran Church**
4200 Vine St.

Mondays and Wednesdays
10 to 11 a.m.
June 15 through Aug. 12

Class is available to those who have completed one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is \$4 per class or \$72 per session.

Chair Yoga

Eastridge Presbyterian Church 1135 Eastridge Drive

Chair yoga is one of the gentlest forms of yoga available through creative use of a chair. Poses are done seated or chair is used for support during standing and balance poses. Chair yoga is suitable for all ages, fitness levels and physical conditions.

- Mondays, 9:30 to 10:30 a.m.
July 20 through Oct. 12
(no class Sept. 7)
- Wednesdays, 9:30 to 10:30 a.m.
July 22 through Oct. 7

StrongBodies Strength Training Program

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

Tuesdays and Thursdays
Beginners: 8:15 to 9:30 a.m.
Intermediate: 9:45 to 11:30 a.m. and
11:45 a.m. to 1:30 p.m.
June 9 through Aug. 27
Sept. 15 through Dec. 15
(No class Nov. 3 and 26)

The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength.
- Improved bone density and reduced risk for osteoporosis and related fractures.
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity.
- Improved self-confidence, sleep, and vitality.
- Exercises in StrongBodies utilize dumbbells, adjustable ankle weights and body weights.

StrongBodies is an evidence-based fall prevention class and meets twice per week for 12-weeks. Class size is limited. Please note: Suggested contribution is \$4 per class or \$96 per session (24 classes).

Evidence-Based Stepping On – Building Confidence and Reducing Falls

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

Tuesdays, 2:30 to 4:30 p.m.
Sept. 1 through Oct. 13

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

Aging Partners Foot Clinics

Comprehensive footcare is available (by appointment) to Lancaster County residents age 60 and over. A suggested contribution of \$25 will help these services continue. See center for details.

Services are provided at the following locations:

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

Every other month at:

- **Bennet Senior Center**
American Legion Hall
970 Monroe St.
- **Firth Senior Center**
Firth Community Center
311 Nemaha St.
- **Hickman Senior Center**
Hickman Community Center
115 Locust St.
- **Malcolm Resource Center**
Malcolm Village Hall
137 E. 2nd St.
For rural Lancaster County, call Monte at 402-416-7693.

Caregivers Support Group

St. Mark's United Methodist Church, 8550 Pioneers Blvd., Room 137
(Enter through door 6 on north side of St. Mark's)

Tuesday, Aug. 11 from 5 to 6 p.m.

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

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

Registration not needed; walk-ins welcome.

Victory Park Senior Center

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

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

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

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

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

Center Manager: Ben Middendorf

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 suggested trip contribution

Walmart: Aug. 5 and 12

Hy-Vee: Aug. 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

Aug. 3 10 a.m. – Fit for Fun BINGO

Aug. 4 10 a.m. – Wii Bowling

Aug. 5 3 to 4 p.m. – Hometown Fresh Produce Truck available in the New VA Clinic parking lot, 420 Victory Park Drive, Lincoln, NE, 68510.



Aug. 6 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist

Aug. 7 9:45 a.m. – Creative Writers Club; this group will meet to create lyrical compositions to share. Check them out and if you feel creative, join in!

- ▶ 9 a.m. to 2 p.m. – Fix-it Friday. Volunteers are happy to do minor mending for free! Limit to two items.

Aug. 10 10 a.m. – Fit for Fun BINGO

- ▶ 9:30 to 11 a.m. – Hooked on Yarn Group. Learn, practice, and get free supplies! Yarn donations are accepted.

Aug. 11 10 a.m. – August Craft: Magazine Collages. Bring plenty of old magazines to cut up and create your own fun art piece!

Aug. 13 10 a.m. – The Grateful Growers will bring the bounty of their gardens! There will be buckets and buckets of flowers for you to arrange, as well as an opportunity to help make arrangements for hospice patients. Donations of old vases welcome!

Aug. 14 9:45 a.m. – Creative Writers Club

Aug. 17 10 a.m. – Fit for Fun BINGO

Aug. 18 10 a.m. – August Trivia Game

Aug. 20 10 a.m. – August birthday party with music by Ryley James!

Aug. 21 9 a.m. to 2 p.m. – Fix-it Friday

Aug. 24 10 a.m. – Fit for Fun BINGO

Aug. 25 10:30 a.m. – Painting demonstration by Garry DeFreece

- ▶ Nutrition handout: Shopping on a Budget

Aug. 27 10 a.m. – Relaxation Day with puzzles, board games, adult coloring pages and relaxing music.

Aug. 28 9:45 a.m. – Creative Writers Club

Aug. 31 10 a.m. – Fit for Fun BINGO

Afternoon Activities

Pitch and Bridge Card Groups

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

COOLING Centers

Be prepared to stay safe in extreme heat.



A cooling center is a place people can go to get relief from extreme heat. Even a few hours spent in air conditioning can help prevent heat-related illnesses.

During regular business hours, all Lincoln City Libraries and Lincoln Parks and Recreation Centers are available as cooling centers. Victory Park Senior Center will also be available.

During an **extreme heat warning**, the following cooling centers will be open until 8 p.m. daily:

Anderson Branch Library, 3635 Touzalin Ave.

Bennett Martin Public Library, 136 S. 14th St.

F Street Community Center, 1225 F St.

Victory Park Senior Center, 600 S. 70th St.

Washington Street Senior Center

Grace Lutheran Church

2225 Washington St., Lincoln, NE 68502

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

Lunch served: 11:30 a.m.

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

Center Manager: Kelle Brandt

Monday Through Friday

- 9 a.m. – Coffee social time gathering

Tuesday

- 10:15 a.m. – BINGO!

Thursdays

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

Super Saver: Aug. 6 and 20

Walmart: Aug. 13 and 27

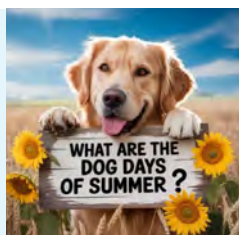
Fridays

- 10 a.m. – Teach or learn a new game. We currently play cards, dominoes, and board games. We're open to suggestions.

Special Event Programs

- Aug. 3** 10 a.m. – Still the dog days of Summer, hang in there. How did this name happen?

- 10:30 a.m. – Stretch and Tone exercise with Kelle



- Aug. 5** 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist

- Aug. 6** 10:30 a.m. – Table Hockey. This is our version, but it is fun. It brings a lot of laughter, and a bit of a workout.

- Aug. 10** 10:30 to 11:30 a.m. – Lincoln City Libraries Bookmobile will be here in the south park lot. Check out all the wonderful adventures you can explore.

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

- Aug. 12** 10:30 a.m. – Planning time at the center. Let's do some brainstorming on programs, classes, music educational opportunities you would like to have. Come with your thoughts and ideas.

- Aug. 13** 10 a.m. – Enjoy the music from our friends the Quarter Notes.

- Aug. 17** 10 a.m. – Nature crafts with ECHO Collective.

- Aug. 19** 10:30 a.m. – Enjoy the smooth singing voice of Ken Miller.

- Aug. 20** 10:30 a.m. – Stretch and tone class with Kelle

- Aug. 24** 10:30 a.m. – "How do you get a better night night's sleep?" Presentation by Ann Heydt, Aging Partners, Health and Fitness.

- Aug. 26** 10 a.m. – Enjoy the music from our friends of the Willow Creek Band.

- Aug. 27** 10 a.m. – Nutrition handout: Shopping on a Budget

- 10:30 a.m. – Hidden picture puzzles

- Aug. 31** 10:30 a.m. – Stretching with bands



NeighborLNK connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support.

Volunteers will provide services:

- Without entering the home
- Free of charge to participants (and volunteers)

Services include:

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

To volunteer or to request assistance, contact
Aging Partners NeighborLNK at 402-441-7575
or NeighborLNK@lincoln.ne.gov



Bennet Senior Center

American Legion Hall

970 Monroe St., Bennet, NE 68317

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

Lunch served: 11:30 a.m.

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

Rural Center Manager: Monte Peck

**This month's BINGO prizes are sponsored by
Gold Crest Retirement (Adams).**

Tuesdays and Thursdays

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

Special Event Programs

- Aug. 4** 10:30 a.m. – Easy chair yoga for seniors
▶ 12:15 p.m. – Bi-monthly brain teasers, word exercises, adult coloring, etc.
- Aug. 6** 10:30 a.m. – The Bennet Area Historical Society is back!
▶ Noon - Birthday celebrations!
▶ 12:15 p.m. – In honor of Andy Warhol on what would be his 98th birthday, we'll explore the world of pop art and then create some of our own.
- Aug. 11** 10:30 a.m. – Are you a poet? Express yourself with Haiku. Group activity.
▶ 12:15 p.m. – Learn about the famous "Raspberry Bombe" dessert and then enjoy a new version integrating ice cream after lunch. Yum!
- Aug. 13** 10:30 a.m. – Nutrition handout and discussion: Shopping on a Budget
▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist
- Aug. 18** 10:30 a.m. – Classic Movie and Popcorn Day
▶ 12:15 p.m. – Snacks and movie facts after lunch
- Aug. 20** 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams).
▶ 10:30 a.m. – Join us for another video edition of Armchair Travelers! This time, we're exploring the art of prehistoric Europe.
▶ 12:15 p.m. – Celebrate our 250th anniversary of independence with USA trivia! Get ready to test your knowledge about our great nation and win some sweet patriotic prizes!

- Aug. 25** 10:30 a.m. – Bimonthly brain teasers, word exercises, adult coloring, etc.
▶ 12:15 p.m. – Continue celebrating the United States' 250th with a documentary about our National Parks: Yellowstone!
- Aug. 27** 10 to 11 a.m. – Jon Alford from Peak Performance leads us in a mix of physical activities crucial for maintaining health and independence.
▶ 12:15 p.m. – BINGO! With Kristin from Gold Crest Retirement

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**

Lancaster County PUBLIC RURAL TRANSIT

*Serving the entire Lancaster County area five days a week
with curb-to-curb transportation.*

Operating hours: Monday through Friday
7:30 a.m. to 5:30 p.m.

Transit fares: One-way fare: \$2
Additional stop: \$2
Round trip fare: \$4
10-Punch Rider Card: \$20

**Call 402-441-7031 for more details or
to schedule a trip.**



Firth Senior Center

Firth Community Center

311 Nemaha St., Firth, NE 68358

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

Lunch served: 11:30 a.m.

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

Rural Center Manager: Monte Peck

Hickman Senior Center

Hickman Community Center

115 Locust St., Hickman, NE 68372

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

Lunch served: 11:30 a.m.

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

Rural Center Manager: Monte Peck

This month's BINGO prizes are sponsored by Gold Crest Retirement (Adams).

Mondays

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

Special Event Programs

Aug. 3 10:30 a.m. – Community Connections: Martha Hakenkamp from Grateful Growers stops in to talk about what's growing in her garden and provide examples of different varieties of flowers people might enjoy planting themselves.

- ▶ 12:15 p.m. – Join us for another video edition of Armchair Travelers! This time, we're exploring the art of prehistoric Europe.

Aug. 10 10 to 11 a.m. – Blood pressure screenings by Gold Crest Retirement

- ▶ 10:30 a.m. – Nutritional handout and discussion: Shopping on a Budget
- ▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist

Aug. 17 10:30 a.m. – Join us for an exciting board game day. We'll decide which classic board games we'll be playing the week before. Invite your friends!

- ▶ Noon – Birthday celebrations!
- ▶ 12:15 p.m. – Summer Crafting: Hummingbird Suncatchers

Aug. 24 10:30 a.m. – Masters Among Us: Learn how to repurpose old clothing, fabrics, and plastics into new usable items with bona fide crafting and crocheting wizards, Agnes Masek and Clarice Sabata. *This all-ages event is open to the public.*

- ▶ 12:15 p.m. – BINGO! with Kristin from Gold Crest Retirement

Aug. 31 10:30 a.m. – Celebrate our 250th anniversary of independence with USA trivia! Get ready to test your knowledge about our great nation and win some sweet patriotic prizes!

- ▶ 12:15 p.m. – Continue celebrating with a documentary about our National Parks: The Grand Canyon!

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

Aug. 5 10 to 11 a.m. – Blood pressure screenings with Haven Manor (Hickman)

- ▶ 10:30 a.m. – Masters Among Us: Learn how to repurpose old clothing, fabrics, and plastics into new usable items with bona fide crafting and crocheting wizards, Agnes Masek and Clarice Sabata. *This all-ages event is open to the public.*

- ▶ 12:15 p.m. – Join us for another video edition of Armchair Travelers! This time, we're exploring the art of prehistoric Europe.

Aug. 12 10:30 a.m. – Nutrition handout and discussion: Shopping on a Budget

- ▶ Noon – Birthday celebrations!
- ▶ 12:15 p.m. – Celebrate our 250th anniversary of independence with USA trivia! Get ready to test your knowledge about our great nation and win some sweet patriotic prizes!

Aug. 19 10 to 11 a.m. – Bryce Rolenc from Peak Performance leads us in a mix of physical activities crucial for maintaining health and independence.

- ▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition Specialist

Aug. 26 10 a.m. – By connecting people to plants and nature, Grateful Growers have returned to demonstrate gardening surprises and techniques!

- ▶ 12:15 p.m. – BINGO! with Kristin from Gold Crest Retirement.

AUGUST 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Shredded chicken taco salad Refried beans Mixed fruit Guacamole	Shredded beef brisket Peas and carrots Macaroni and cheese Pears Italian ice	Chicken bacon ranch pasta Asparagus Breadstick Applesauce	Egg salad on croissant Chicken noodle soup Spinach salad Three bean salad Fruit	Swedish meatballs Mashed potatoes Corn Roll Fresh fruit Ice cream treat
10	11	12	13	14
Philly cheesesteak with green peppers Coleslaw Broccoli Mixed fruit	Pancakes Turkey sausage patties Boiled egg Breakfast potatoes V8® juice Pineapple	Hamburger on a bun Potato salad Baked beans Fruit Cake	Chipped beef Relish sticks with dip Corn Fruit Italian ice	Broccoli chicken casserole Peas and carrots Roll Fruit juice
17	18	19	20	21
Deluxe grilled chicken sandwich Three bean salad Fruit salad Fruit cobbler	Teriyaki meatballs Rice Mandarin oranges Broccoli	Tater tot casserole Beets Raisin bread Fresh fruit	Hot open-faced turkey sandwich Mashed potatoes Corn Roll Fresh fruit Ice cream treat	Creamed chicken over a biscuit Brussels sprouts Fruit Gelatin
24	25	26	27	28
Sloppy Joe Coleslaw Mixed vegetables Apple	Chicken salad on croissant Chicken and wild rice soup California vegetables Pineapple	Cod sandwich Potato salad Beets Fresh fruit Sherbet cup	Southwest cheeseburger Tater tots Lettuce salad Pears	Pork fritter Mashed potatoes with gravy Green beans Bread slice Tropical fruit
31				
Half turkey and cheese Pickle spear Tomato soup Lettuce salad Fresh fruit				

Menus are subject to change.

- Meals include 1% milk and margarine or butter with bread items.
- *Low sodium alternative (none for this menu).
- 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.