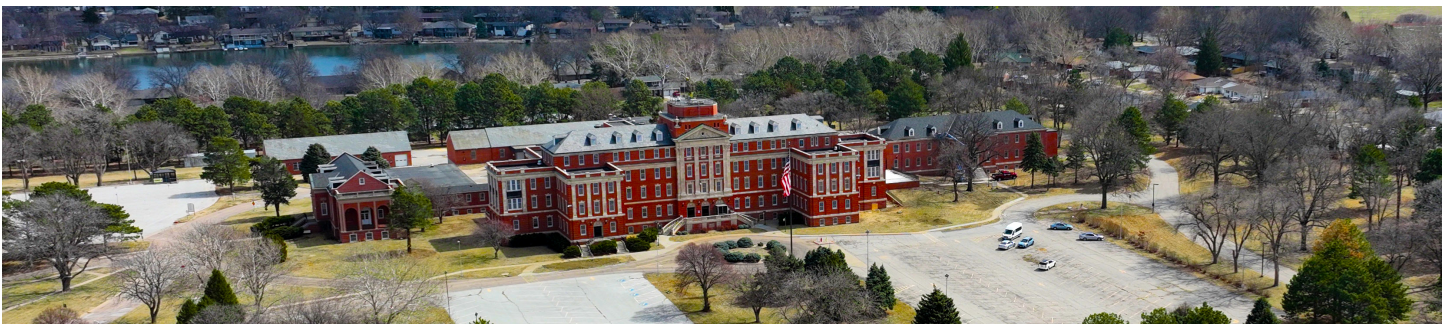




LINCOLN
Aging Partners

MY CENTER NEWS

MAY 2024



Crossing the Digital Divide

Aging Partners Victory Park

600 S. 70th St., Dining Room

Monday, May 20 and Tuesday, May 21

5:30 to 8 p.m.

Adults age 60 and over are invited to attend this free two-night presentation led by Ryan Sothan, Outreach Coordinator with the Nebraska Attorney General's Office. Space is limited to the first 50 people to sign up. Participants are required to attend both nights.

Reservations must be made by calling 402-441-7158.

The two-night event will discuss tools to effectively address the most popular phone and computer-based scams including identity theft, the nation's number one consumer complaint. Topics include safe browsing, secure banking, online shopping and payment systems, monitoring and protecting your credit, and cybersecurity. The focus will be on the benefit of using technology as a tool to stay connected, make life easier and increase the quality of our lives.

The first session on May 20 will review the Scams and Fraud Education (SAFE) Annual Update, which raises awareness around the top ten scams impacting Nebraskans with a strong emphasis on imposter scams via phone, text message and email, as well as identity theft. Upon completion, participants will be given the State Attorney General's Office's Consumer Protection Kit, which includes their books, "Recognize and Report Scams" and "Identity Theft: A Consumer Guide."

The May 21 Tuesday night session will focus on the core competencies seniors need to know to help better defend themselves against potential scams related to online banking and shopping, checking and protecting your credit, and the basics of cybersecurity.

A box supper will be provided on both nights. There is no charge, but reservations are required in advance. For more information or to make your reservation, call 402-441-7158.

2024 Dinner and Show

Auld Pavilion, 1650 Memorial Drive

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

\$10 entertainment fee

\$5 suggested contribution for dinner paid at the event.

\$5 round-trip van transportation fee within Lincoln

(co-sponsored by Butherus, Maser & Love and catered by Hy-Vee)

Call 402-441-7158 for reservations.

- **Thursday, June 13 – Emily Bass and The Near Miracle**



Emily Bass and The Near Miracle perform primarily original music, drawing influence from The Staple Singers to Carole King to Radiohead and the Pixies. The group is known for dynamic performances and live energy and would love nothing more than to make their audience move!

Menu: Herb-roasted pork loin, rice, fresh fruit, buttered corn, lemon pie, milk, coffee and water.

Reservation and payment deadline: Wed., June 5

Dinner and Show continued on page 2

Questions about Aging Partners activities? Call 402-441-7158.

Dinner and Show continued from page 1

- **Thursday, July 11 – The 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: Oven roast turkey with gravy, stuffing, seasoned green beans, fresh fruit, brownie, milk, coffee and water.

Reservation and payment deadline: Wed., July 3

- **Thursday, Aug. 8 – Nebraska Vocal Jazz Project**



Comprised of a composer, a marketer, a space lawyer and two teachers, NVJP aims to bring vocal jazz to Nebraska in a new light and explore the possibilities of a modern vocal jazz ensemble.

Menu: Garden chicken breast, broccoli, twice-baked potato, raspberry cupcake, milk, coffee and water.

Reservation and payment deadline: Wed., July 31

- **Thursday, Sept. 12 – Hillbilly Deluxe Band**



Singing and playing country music, blues, and old rock and roll.

Menu: Chicken-fried steak, mashed potatoes and gravy, veggie, apple crisp, milk, coffee and water.

Reservation and payment deadline: Wed., Sept. 4

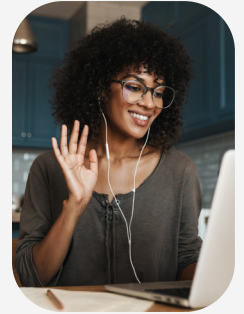


Trualta's Care Coach **Live 1:1 Support for Caregivers**

For caregivers who need a little bit of extra support, our Care Coach program offers live support from a family caregiver expert.

Caregivers can opt-in for live support from a Care Coach by calling in or submitted a request. One of our coaches will reach out to lend a listening ear, support navigating local resources, and share expert-tips on managing care at home.

Coaches can also initiate outbound support if your plan identifies a subset of high-need caregivers with contact information.



Sign up today!
agingpartners.trualta.com

See What Caregivers are Saying

"I really like that my Care Coach picks subject matter for me, so that when I do have a minute or two, the information is at my fingertips."

This was one of the best things I have done in the last year. I can't say enough good things about this program!"

Laura W, caring for her mother



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.**

Belmont Center

Belmont Recreation Center

1234 Judson St., Lincoln, NE 68521

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

Lunch served: 11:30 a.m.

For meal reservations, call 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 and other fitness equipment (new equipment: stationary and recumbent bikes, and squat rack).

Tuesdays

- ▶ 11 a.m. – Simply Fit: a 30-minute video exercise class that is gentle and accommodating for all fitness levels

Wednesdays

- ▶ 10:30 a.m. – BINGO; Great fun and fabulous prizes! Jessica Walters is this month's prize sponsor. *Thank you for your generous support!*

Fridays

- ▶ 9 a.m. – Card playing; Pitch, Skip Bo, UNO, Phase 10 and other games. Come join us!

Aging Partners Belmont Center Shopping Trips

At 12:15 p.m. we'll board the van and go shopping.

Van leaves the center at 12:30 p.m.

\$4 suggested trip contribution

Walmart: May 3, 17 and 31

Super Saver: May 10 and 24

Reserve a spot by noon the Monday before shopping. Call 402-441-7990.



Special Event Programs

- May 2** 10:45 a.m. – Chair yoga with certified yoga instructor Cheri Bieber. A gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.

- May 3** 10:30 a.m. – Senior Buddy project: Goodrich Middle School students join us for cards and board games.
- May 6** 10 a.m. – White Board Trivia Challenge; test your knowledge of the events and traditions in the month of May.
- May 7** 9 a.m. – Commodities delivery
- May 9** 10:30 a.m. – Senior Buddy project: Goodrich Middle School students join us for a bonus game of BINGO!
- May 10** 10 a.m. to noon – Sign up for Farmers Market coupons
- May 14** 10:30 a.m. – Senior Buddy project: Goodrich Middle School students join us for a bonus game of BINGO!
- May 16** 10:45 a.m. – Chair yoga with certified yoga instructor Cheri Bieber
- May 17** 10:30 a.m. – Senior Buddy project: Goodrich Middle School students join us for cards and board games.
- May 20** 10:30 a.m. – Rebecca Hueske from Lincoln City Libraries will tell us about the services provided by the Lied Bookmobile, and about upcoming summer programs at the library.
- May 21** Nutrition handout: Vitamin D
- May 23** 10 a.m. – Get ready for a toe-tapping good time with Elliott Piper's Music BINGO. Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!
 - ▶ Celebrate May birthdays



- May 27** *Aging Partners offices and all senior centers are closed for Memorial Day.*
- May 30** 11 a.m. – It's National Barbeque Month! Devin Mueller of Aging Partners will share how to incorporate barbeque into a healthy diet.

Northeast 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 two business days in advance: 402-441-7151.

Ciji Mays, manager

Monday through Friday

- ▶ 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

- ▶ 9:30 a.m. – Morning stretch
- ▶ 10 a.m. – Sit and Be Fit exercise class (DVD)

Tuesdays

- ▶ 9:30 a.m. – Morning stretch
- ▶ 9:30 a.m. – Card club
- ▶ 11:15 a.m. – Pianist Jim Bauer performs for your listening enjoyment.

Wednesdays

- ▶ 10 to 11 a.m. – BINGO; Promedica/Gentiva is our prize sponsor this month. *Thank you!*

Thursdays

- ▶ 9:30 a.m. – Morning stretch
- ▶ 10 a.m. – Canasta

Fridays

- ▶ 9:30 a.m. – Morning stretch
- ▶ 9:30 a.m. – Card club

Special Event Programs

- May 2** 10 a.m. – Beginners line dance class led by Rose. Meet Rose in the computer room for this easy, fun class.
- May 3** 10 a.m. – Live music with Dos Marcos
- May 6** 10 a.m. to 1 p.m. – Sign up for Farmers Market coupons

- ▶ 11 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.

- May 7** 10 a.m. – Craft time with Rose
 - ▶ 10 a.m. – Blood pressure clinic
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh food truck
- May 8** 9 a.m. – Commodities delivered
- May 9** 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).
- May 10** 9:30 a.m. – Movie and popcorn
- May 13** 9 to 11:30 a.m. – Aging Partners foot care clinic (held at the Victory Park location). Call 402-441-7151 to make an appointment (\$20 suggested contribution).
- May 14** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out. If you are feeling creative join in.
- May 16** 9:30 a.m. – AARP meeting with Janice Crewdson
 - ▶ 11 a.m. – “National BBQ Month” presentation by Devin Mueller, Aging Partners. Learn how to incorporate barbecue into a healthy diet.
- May 17** 10 a.m. – Music BINGO with Elliott Piper
- May 21** 10:30 to 11:30 a.m. – Lincoln Fresh food truck
 - ▶ Nutritional handout; Vitamin D
- May 23** 11 a.m. – Katia Castro from the Nebraska Commission of the Deaf and Hard of Hearing will be here to explain the agency's programs and services.
- May 24** 9 a.m. – Priscilla the Comfort Dog visits.
 - ▶ 9:30 a.m. – Movie and popcorn
- May 27** *Aging Partners offices and all senior centers are closed Memorial Day.*
- May 28** 10 a.m. – The Free Writers Club



Washington Street Center

Grace Lutheran Church

225 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!

Tuesdays

► 10:15 a.m. – BINGO; Yankee Hill Village is this month's prize sponsor. *Thank you for your support!*

Aging Partners Washington Street Center Shopping Trips

At 12:15 p.m. we'll board the van and go shopping.

Van leaves the center at 12:30 p.m.

\$4 suggested trip contribution

Super Saver: May 7 and 28 – **Walmart:** May 21

Reserve a spot by noon the Monday before shopping. Call 402-441-7157.



Thursdays

► 10:30 a.m. – Stretch and tone with center manager Kelle Brandt.

Friday

► Game day; come play your favorite games or learn a new one.

Special Event Programs

May 1 10:30 a.m. – “National BBQ Month” presentation by Devin Mueller, Aging Partners

► Work on our May Day project

May 2 10 a.m. – Part 1: ECHO and the Grateful Growers art and nature project. Nature weaves with various leaves, dried herbs, flowers and fabrics

► Noon – Lincoln City Libraries Lied Bookmobile

May 6 10:30 a.m. – May facts and trivia; this is a busy month. Why? See if you know the answers.

May 8 10:30 a.m. – Enjoy the music of Denise Howe

May 9 10 a.m. – The Quarter Notes will be here to entertain you. Sit back and enjoy.

May 13 10:30 a.m. – BINGO

May 14 *This center is closed today. Grace Lutheran Church is a polling place for two precincts.*

May 15 10:30 a.m. – Music BINGO with Elliott Piper.

May 16 10 a.m. – Part 2: ECHO and the Grateful Growers art and nature project.

► Noon – Lincoln City Libraries Lied Bookmobile

May 20 10:30 a.m. – Phrases, sayings and slogans from the past; help make a quiz list to be used later.

May 21 10 a.m. to noon – Farmers Market Coupon Clinic; come and sign up!

We are still collecting personal care items for men, women and children at the People's City Mission. There is a tote at the center for you to drop your new items in (lotions, shaving cream, soap, shampoo, suntan lotion, nail clippers, nail files etc. *Things you would find useful*).

May 22 10:15 a.m. – Ann Heydt and Tito Vigan of Aging Partners Health and Fitness will be here to speak about their program and to demonstrate Tai Chi and Yoga.

May 23 10:30 a.m. – Exercise

May 27 *Aging Partners offices and all senior centers are closed Memorial Day!*

May 29 10 a.m. – Enjoy the music and humor of Patti, Bill and friends.

May 30 Noon – Lincoln City Libraries Lied Bookmobile

Caregiver Support Group

Tuesday, May 14 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. The Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner.

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.





Community Health and Fitness Classes

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

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: a certified personal trainer is available Tuesdays and Thursdays 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, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance

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 3 through May 22 (no class May 1)
- **American Lutheran Church, 4200 Vine St.**
Mondays, 1:30 to 2:30 p.m. – April 22 through July 29 (no class May 27)

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 23 through July 23 (no class May 14)
- **Antelope Park Enclosed Shelter, Veterans Memorial Drive**
Thursdays, 1:30 to 2:30 p.m. – May 2, 9, 16, 23 and 30

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

- Wednesdays, 9:30 to 10:30 a.m. (please note new time)
April 10 through June 26 (no class June 19)
- Fridays, 9:30 to 10:30 a.m. – April 12 to June 28

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. The following 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 \$20 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

May 2024

StrongBodies Strength Training Program

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

Tuesdays and Thursdays – April 16 through July 9

9 a.m. – Beginners (no class May 14 and July 4)

10:30 a.m. – Intermediate (no class May 14 and July 4)

12:30 p.m. – Beginners (no class May 9 and 14, June 13 and July 4)

\$2 suggested contribution per attendance

The benefits of strength training for older individuals have been studied extensively and include: increased muscle mass and strength; and 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.

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 30 through July 18 (no class July 4)

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.

Mondays and Wednesdays, 10 to 11 a.m.

May 13 through Aug. 7 (no classes May 27, June 19 and July 31)

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.

Stepping On – Building Confidence and Reducing Falls

Victory Park Center, 600 S. 70th St.

Mondays, 12:30 to 2:30 p.m. – July 1 through Aug. 12

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. \$4 suggested contribution per class for age 60 and over.

Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. Services are provided at the following locations:

- **Northeast Center** (second Monday each month)
6310 Platte Ave.
Call 402-441-7151 to schedule appointment.
- **Bennet Center** (every other month) American Legion Hall, 970 Monroe St.
Call 402-416-7693 to schedule appointment.
- **Firth Center** (every other month)
Firth Community Center, 311 Nemaha St.
Call 402-416-7693 to schedule appointment.
- **Hickman Center** (every other month)
Hickman Community Center, 115 Locust St.
Call 402-416-7693 to schedule appointment.
- **Malcolm Resource Center** (every other month)
Malcolm Village Hall, 137 E. 2nd St.
Call 402-416-7693 to schedule appointment.
- **Waverly Resource Center** (every other month)
Waverly VFW, 13820 Guildford St.
Call 402-416-7693 to schedule appointment.

Victory Park Center

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

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

Aging Partners Victory Park Center Shopping Trips

At 12:15 p.m. we'll board the van and go shopping.

Van leaves the center at 12:30 p.m.

\$4 suggested trip contribution

Walmart: May 1 and 8

HyVee: May 15 and 22

Reserve a spot by noon the Monday before shopping. Call 402-441-7154.



Fridays

- ▶ 9:45 to 10:30 a.m. – Introduction to Spanish; this class is led by volunteer Oria Marrero.
- ▶ 10 a.m. – Popcorn and a good movie

Special Event Programs

- May 2** 10:30 a.m. – National BBQ Month presentation by Devin Mueller. Learn how to incorporate barbecue into a healthy diet!
- May 3** 10 a.m. – Kentucky Derby horse movie
- May 6** 10 a.m. – “Nebraska’s New Voter ID Law” presentation by Todd Wiltgen, Lancaster County Election Commissioner



- ▶ 10 a.m. to 2:30 p.m. – AARP Smart Driver Course™ in Aging Partners classroom. Register by calling Ben at 402-441-7154. \$25 fee payable by cash or check on date of event. \$20 for AARP members. Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver course. You will learn helpful driving strategies, and you may even qualify for a multiyear discount on your auto insurance!

- May 7** 10 a.m. – “Scams and Fraud Education – 2024 Update” presentation by Ryan Sothan, Outreach Coordinator for the Nebraska Attorney General.
- May 8** 10 a.m. – One year anniversary party
- May 9** 10 a.m. – Musical performance by the Patti and Bill Show
- May 10** 10 a.m. – Mother’s Day movie
- May 13** 10 a.m. – Bingocize® returns! During this new session we will have fun playing BINGO, complete simple exercises and learn some practical lifestyle adjustments we can make to substantially reduce the likelihood of falling!
- May 14** 10 a.m. – Pinecone flowers craft; we’ll use some old picture frames and simple pinecones to create a fantastic “floral” arrangement!
- May 16** 10 a.m. – We’ll celebrate our May birthdays while listening to a great musical performance by singer/guitar player Ken Miller.
- May 20** 10 a.m. – Bingocize®
- May 21** 10 a.m. – “Home Health and First Aid Preparedness” presentation by Connie Languen, CHI Health at Home physical therapist, volunteer fire fighter and EMT
- May 23** 10 a.m. – “Healthy Skin for Seniors” presentation by Sue Ann Henning, Angels Care Home Health
- May 24** 10 a.m. – Memorial Day movie
- May 27** *Aging Partners offices and all senior centers are closed Memorial Day.*
- May 28** 10:30 a.m. – Painting demonstration by local artist Garry DeFreece
 - ▶ Nutrition handout: Vitamin D
- May 29** 9 a.m. to noon – Farmers Market Coupon Clinic with Jill Engel, Areawide Programs and Nutrition. Must meet certain age and income requirements.
- May 30** 10 a.m. – Wii Bowling

Victory Park Center continued on page 9

Afternoon Activities



Pitch, Pinochle, Canasta and Bridge Card Groups

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



Hometown Fresh Truck

- ▶ Wednesday, May 1 from 3 to 4 p.m.
Hometown Fresh Truck in the VA Clinic Parking lot (420 Victory Park Drive). This food pantry is committed to serving neighbors with limited access to food resources and welcomes all in need of food to select fresh produce.

Travel Documentaries

- ▶ Monday, May 20
2 to 3 p.m.
Join us in the afternoon for two fascinating travel documentaries screened in our dining room. This month: France



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

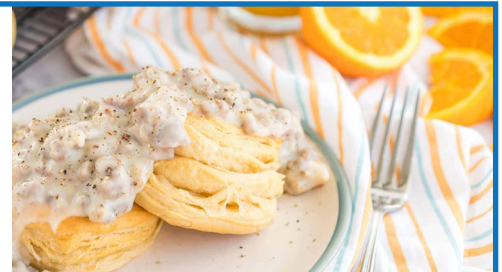
To volunteer or to request assistance, contact Aging Partners NeighborLNK at 402-441-7575 or NeighborLNK@lincoln.ne.gov



SENIORS FOUNDATION



LINCOLN
Aging Partners



Victory Park Center Breakfast Tuesday, May 28 from 8 to 9 a.m.

Victory Park is now offering breakfast on the last Tuesday of the month!

\$5 suggested contribution for age 60 and over; \$10 fee for under age 60.

May menu: Biscuits and gravy, yogurt, sausage patties, juice, mixed fruit, milk.

**Reservations must be made by Tuesday, May 21.
Call Ben Middendorf at 402-441-7154.**

Bennet Senior Center

American Legion Hall – 970 Monroe St.

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.

Paula Chamberlain, manager

**CCA Home Care is this month's
BINGO prizes sponsor.**

Tuesdays and Thursdays

► 9 a.m. – Coffee social! Games and cards

Special Event Programs

May 2 10:30 a.m. – Game club
► 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
► Recognition for those celebrating a May birthday.

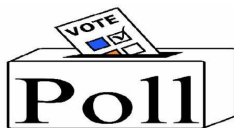
May 7 10:30 a.m. – Walk and Talk

► 12:15 p.m. – “National BBQ Month” presentation by Devin Mueller, Aging Partners



May 9 10:30 a.m. – Entertainment with vocalist and instrumentalist Tim Javorsky

► 12:15 p.m. – “Nebraska’s New Voter ID Law” presentation by Todd Wiltgen, Lancaster County Election Commissioner



May 14 *The Bennet Center is closed today. The American Legion is an election site.*

May 16 10:30 a.m. – Craft project
► 12:15 p.m. – “Real Estate Tips” presentation by Stacey Jaeger, Broker/Realtor

May 21 10:30 a.m. – 13-point Pitch
► 12:15 p.m. – BINGO

May 23 10:45 p.m. – Four daily exercises recommended by Silver Sneakers
► 12:15 p.m. – “Types, Causes and Treatment of Arthritis” presentation by Kim Kudron, CHI

May 27 *Aging Partners offices and all senior centers are closed for Memorial Day.*

May 28 10:30 a.m. – Old Maid
► 12:15 p.m. – Conversation Station with center manager Paula Chamberlain

May 30 10:30 to 11:15 a.m. – Blood pressure clinic by Jess, CHI Health Care

► 12:15 p.m. – “Fraud Watch” presentation by Jess Kinser, Associate State Director, AARP



► 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointments are required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

**We need
YOU!**



We're looking for volunteers at our Bennet Center to help serve food and participate in activities Tuesday through Thursday.

Call Paula at 402-416-7693.



Aging Partners

Malcolm Resource Events

Open 9 to 11 a.m.

(third Friday each month)

Malcolm Village Hall – 137 E. 2nd St.

May 17 from 9 to 11 a.m.

- Aging Partners foot clinic; appointment required (\$20 suggested contribution).

June 21 at 9:30 a.m.

- Music BINGO with Elliott Piper

**For an appointment, call manager
Paula Chamberlain at 402-416-7693.**

Firth Center

Firth Community Center – 311 Nemaha St.

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.

Paula Chamberlain, manager

Hickman Center

Hickman Community Center – 115 Locust St.

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.

Paula Chamberlain, manager

CCA Home Care is this month's BINGO prize sponsor .

Mondays

▶ 9 a.m. – Coffee social! Art books, games and cards.

Special Event Programs

May 6 10:30 to 11:30 a.m. – Blood pressure clinic by Judy Kujath, RN, Lakeview Living

- ▶ 12:15 p.m. – BINGO with Jen Wolff-Wubbels, Southlake Rehabilitation Center
- ▶ Nutritional handout: Vitamin D
- ▶ May birthday celebration

May 13 10:30 a.m. – Entertainment with vocalist and instrumentalist Tim Javorsky

- ▶ 12:15 p.m. – Craft project

May 20 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointments are required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

- ▶ 10:30 a.m. – Game club
- ▶ 12:15 p.m. – “Real Estate Tips” presentation by Stacey Jaeger, Broker/Realtor

May 27 *Aging Partners offices and all senior centers are closed Memorial Day*

Wednesdays

▶ 9 a.m. – Senior Walking Warriors; join us for 30 minutes of walking.

▶ 9 a.m. to 1 p.m. – Coffee social! Start your day out with art books, games, and puzzles.

Special Event Programs

May 1 10:30 to 11:15 a.m. – Blood pressure clinic with Janell Schlichtman, Connected Care Services

- ▶ Nutritional handout: Vitamin D
- ▶ 12:15 p.m. – The Crossmakers of Seward volunteers will show how their crosses are made for all occasions.

May 8 10:30 a.m. – Entertainment with vocalist and instrumentalist Tim Javorsky

- ▶ 12:15 p.m. – Craft project

May 15 10:45 a.m. – Strength and balance with Jonathan Anderson, Hillcrest Health Services, and Michaela Williams, Eastmont

- ▶ Nutritional handout: Vitamin D
- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
- ▶ Celebrating May birthdays

May 22 10:30 a.m. – “National BBQ Month” presentation by Devin Mueller, Aging Partners

- ▶ 12:15 p.m. – “Services for the Deaf and Hard of Hearing” presentation by Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing.

May 29 10:30 a.m. – “Real Estate Tips” presentation by Stacey Jaeger, Broker/Realtor

- ▶ 12:15 p.m. – “Types, Causes, and Treatment of Arthritis” presented by Kim Kudron, CHI
- ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointments are required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.



Aging Partners

Waverly Resource Events

Open 9 to 11 a.m.

(first Friday each month)

Waverly VFW – 13820 Guildford St.

May 3 from 9 to 11 a.m.

- Aging Partners foot clinic; appointment required (\$20 suggested contribution).
- Farmers Market Coupon Clinic; sign-up with Jill Engel, Aging Partners Nutrition Program

June 21 at 9:30 a.m.

- Music BINGO with Elliott Piper

**For an appointment, call manager
Paula Chamberlain at 402-416-7693.**



MAY 2024 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ beef brisket sandwich Corn Pasta salad Pineapple	2 Chicken tacos Tortilla chips Guacamole Lettuce salad Fresh fruit	3 Cod sandwich Three bean salad Fresh fruit Cookie pudding cup
6 Chicken salad on a croissant Chicken and wild rice soup California vegetables Pineapple	7 Deluxe hamburger Macaroni salad Lettuce salad Pears Cake	8 Pork fritter Mashed potatoes with gravy Mixed vegetables Bread Tropical fruit	9 Tuna noodle casserole Antigua vegetables Roll Fresh fruit	10 Half turkey and cheese sandwich Tomato soup Lettuce salad Fresh fruit
13 Sloppy joe on a bun Chips Three bean salad Fresh fruit	14 Half roast beef and Swiss sandwich Chicken noodle soup Spinach salad Fruit salad	15 Hot open-faced turkey sandwich Mashed potatoes with gravy Green beans Raspberries	16 BBQ chicken sandwich Relish sticks with dip Fresh fruit	17 Broccoli chicken casserole Peas and carrots Roll Fresh fruit
20 Tilapia Wild rice Carrots Roll Grapes	21 Creamed chicken over a biscuit Brussels sprouts Gelatin Fruit juice	22 Beef tacos Refried beans Fresh vegetables with dip Mixed fruit	23 Loose meat sandwich Lettuce salad Chips Fruit	24 Egg salad on a croissant Chicken noodle soup Broccoli Fruit juice
27 <i>Aging Partners offices and all senior centers are closed for the Memorial Day holiday.</i>	28 Swedish meatballs Mashed potatoes Corn Roll V8® juice	29 Half tuna salad sandwich Broccoli cheddar soup Cauliflower Blueberries	30 Chicken enchiladas Spanish rice Carrots Fresh fruit	31 Chipped beef over a biscuit Spinach salad Pineapple

Menus are subject to change.

- All meals include 1 percent milk and margarine or butter with bread items.
- *Low sodium alternative available (month of May is hamburger patty).
- Condiments and dressing are available for sandwiches and salads. Crackers are available for soups.
- \$5 meal suggested contribution for age 60 and over.
- \$10 meal fee for under age 60.
- \$4 transportation suggested contribution for age 60 and over.