



City of Lincoln
AGING
PARTNERS

MY CENTER NEWS

June 2026

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)



- **The 402 Band (Classic Top 40 Hits)**
Thursday, June 11

Menu: 1/3-pound burger with all the toppings,
baked beans, coleslaw



- **Kevin Koopmann (Polka)**
Thursday, July 9

Menu: Chicken Paprikash in cream sauce, egg
noodles, green bean casserole, dinner roll
Reservations and payments accepted June 15
through June 25.

All music
sponsored by:
**Butherus,
Maser
& Love**
Funeral Home



- **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 accepted July 13
through July 30.



- **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.

Aging Partners Day Trips

Trip payments are due within three days of your reservation. All trips must have at least 40 participants to occur. For details and reservations, call 402-441-8453.



- **SAC Museum and Bakers Candies**

Thursday, June 25

Bus departs: 9:45 a.m. – Victory Park Senior Center

Returns to Lincoln by 4 p.m.

Cost: \$75 per person

Payment due June 12.

Our trip begins at the Strategic Air Command and Aerospace (SAC) Museum in Ashland. The museum houses an impressive collection of military aircraft and space artifacts, many of which were restored in the museum's on-site restoration facility. Lunch will be provided on arrival with a choice of oven roasted turkey breast and cheddar hoagie, veggie wrap or a grilled chicken salad. Options include bottled water, a cookie and chips. We will then split into two groups and enjoy a guided tour of the museum. On our way back to Lincoln, we will stop at Bakers Candies in Greenwood.

- **Home of Great Beginnings**

Thursday, July 23

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

Returns to Lincoln by 4 p.m. – Cost: \$85 per person

Reservations accepted June 26 through July 10.

- **Nodaway Valley Historical Museum**

10 a.m. – Upon arrival we'll enjoy refreshments featuring donuts, rolls, coffee and bottled water.

10:30 a.m. to 12:30 p.m. – We'll tour the development of 3-H and 4-H from its beginnings in the Goldenrod School. Enjoy a beautiful quilt collection, Native American artifacts, P.O.W. camp display, Page County Freedom Rock and other collections. We will visit the historical village and Reminisce building to see the development of business, transportation and agriculture from the horse drawn era to present day.

- **Clarinda Carnegie Art Museum**

11:30 a.m. to 12:30 p.m. – The museum features an extensive international art collection of Robert and Karen Duncan among other collectors. The renovated Carnegie Library features art in all forms including sculpture, photography, paintings, and interactive displays. New art collections are featured quarterly.

- **Glenn Miller Birthplace Home and Museum**

12:30 to 1:30 p.m. – Enjoy a customized catered lunch by the museum staff.

1:30 to 2:30 p.m. – Tour groups will visit the birthplace of Glenn Miller and learn the fascinating story of his life and music. Compelling exhibits, memorabilia, movies, and guided tour let you explore the life of America's greatest Big Band leader.

- **State Fair – Older Nebraskan's Day**

Monday, Aug. 31

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

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

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. Many buildings are air conditioned. From noon until 1 p.m., we will eat lunch (on your own). There are options at the state fair. 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: 8 a.m. – Victory Park Senior 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. You can choose from a Kasper's Club, Earth Bowl or a Vegan Wrap (meals include potato chips, gluten-free granola parfait and a bottle Dasani® water). Coffee and iced tea is also available.

After lunch, we will head to the farm side 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.



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 a distinguished line-up of Nebraska scholars.

Monday, July 6

“Slavery in Nebraska,” Gail Shaffer Blankenau (author, Uncovering the Grayson Sisters’ Escape from Nebraska Territory).

Reservations and payment accepted Tuesday, June 9 through June 29



Gail Blankenau

Monday, Aug. 3

“The ‘Mad’ Queen of the Prairies: The Frenzied First Years of the Nebraska Territory: 1854–1860,” Jeff Barnes (author, Forts of the Northern Plains and Cut in Stone, Cast in Bronze).

Reservations and payment accepted Tuesday, July 7 through July 27.



Jeff Barnes

Monday, Sept. 14

“Nebraska Before Statehood,” David Bristow, (editor, Nebraska History Magazine).

Reservations and payment accepted Tuesday, Aug. 4 Sept. 8.

Sack lunch: 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 ordering lunch. Seating is limited!

For reservations, call 402-441-8453.



David Bristow



Facebook remains the top social platform and informative website. It is the best way to stay in touch with us. To follow us go to facebook.com/AgingPartners or just type in Aging Partners in your Facebook search engine. To find the most recent digital copy of My Center News and Living Well go to Lincoln.ne.gov/Aging.



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 and own and occupy their home.



Do you need help with home maintenance or minor repairs?

Here are some of the available services:

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

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

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

- ▶ 9 a.m. – Card playing: Pitch, Skip-Bo and other games. Come join us!
- ▶ 10 a.m. – Simply Fit: a 30-minute video exercise class that is gentle and accommodating for all fitness levels.

**NEW
TIME**

Wednesdays

- ▶ 10:15 a.m. – BINGO! Great fun and fabulous prizes! Our sponsor this month is CHI Health at Home. *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: June 5 and 26

Super Saver: June 12 and 26

Special Event Programs

- June 4** 10 a.m. – “The Importance of Hydration,” presentation by Sue Ann Henning, Angels Care Home Health.
- June 5** 10 a.m. – “Scams and Fraud Prevention,” presentation by Kale Strizek and Judd Kirk, Pinnacle Bank.
- June 11** 10 a.m. – “Votes for Women: The US and Nebraska Campaigns for Suffrage,” presentation by Tami Rust, Eiseley Branch Library.
- June 12** Noon – June birthday party with cake and conversation!
- June 16** 10 a.m. – Nutrition handout: Extending the Life of Produce

- June 18** 10 a.m. – Root Beer Floats for the Longest Day for Alzheimer’s. Held on the summer solstice, this event symbolizes the fight to bring light to the darkness of Alzheimer’s, shining hope and awareness on a day filled with the most sunlight.



- June 19** *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*

- June 21** Father’s Day!

- June 22** 10 a.m. – Medicare Check Up with Colleen Ozanne, Nebraska SHIP.

- June 23** 10 a.m. – Students from the Belmont Recreation Center join us for BINGO!

- June 25** 10:45 a.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition Specialist.

- June 26** 10 a.m. – Music BINGO! with Elliott Piper

- June 29** 10 a.m. – White Board Trivia: June traditions



**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

Monday, May 18 from 1 to 3 p.m.

Monday, June 15 from 10:30 a.m. to 12:30 p.m.

Location: 21st and “Q” streets

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.

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

Monday through Friday

- ▶ 9 a.m. to 1 p.m. – Coffee Clutch, jigsaw puzzles, conversations, computer lab, lending library, TV, cards and workout room. Fitness options: treadmill, elliptical, leg press, leg curl and extension, bicep and triceps machine.

Mondays

- ▶ 10 a.m. – Sit and Be Fit DVD exercise class

Tuesdays

- ▶ 9 a.m. – Pitch Card Party. We are looking for new players to join us.
- ▶ 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out and if you feel creative, join in!
- ▶ 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!

Wednesdays

- ▶ 10 a.m. – BINGO! This month's sponsor is Butherus, Maser and Love. *Thank you for your support!*

Fresh Popcorn Fridays

- ▶ 9 a.m. – Pitch Card Party. All are welcome to join us.

Special Event Programs

- June 2** 10:30 to 11:30 a.m. – The Lincoln Fresh Produce Truck will be here, handing out healthy, free fruits and vegetables. Stop by while supplies last!
- June 4** 10 a.m. – Join us for adult coloring! Relax, unwind, and enjoy some creative time in a calm and friendly setting. All are welcome!
- June 5** 10 a.m. – Music BINGO! with Elliott Piper
- June 8** 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).

June 11 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 signed up on that day.)

June 12 10 a.m. – “Finding Joy in Everyday Life,” presentation by Angels Care Home Health.

June 16 10 to noon – Senior community members are invited to register for Farmers Market coupons. These coupons can be used to purchase fresh fruits, vegetables, and local produce at participating markets.

June 18 11 a.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition Specialist

June 19 *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*

June 21 Father's Day!

June 25 10 a.m. – “Scam Update,” presentation by Colleen Ozanne, Nebraska SHIP.

June 26 10:15 a.m. – Root Beer Floats for the Longest Day for Alzheimer's. Held on the summer solstice, this event symbolizes the fight to bring light to the darkness of Alzheimer's, shining hope and awareness on a day filled with the most sunlight.



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.

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.

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 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

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 Lancaster County residents only who are 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.
June 1 through Aug. 17
- **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 for this session)
- **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 or 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. Please note updated information: 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.

Intermediate: 11:45 a.m. to 1:30 p.m.

June 9 through Aug. 27

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 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 (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, please 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, June 9 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

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 TheKey Home Care. *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. \$4 suggested trip contribution

Walmart: June 3 and 10

HyVee: June 17 and 24

Fridays

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

Special Event Programs

- June 1** 10 a.m. – Medicare Check Up with Colleen Ozanne, Nebraska SHIP.
- June 2** 10 a.m. – Wii Bowling
- June 3** 3 to 4 p.m. – Hometown Fresh Produce Truck available in the VA Clinic parking lot, 420 Victory Park Drive, Lincoln, NE, 68510.
- June 4** 10:30 a.m. – “Brain Health,” presentation with Devin Mueller, Aging Partners Nutrition Specialist.
- June 5** 9 a.m. to 2 p.m. – Fix-it Friday. Volunteers do minor mending for free! Limit: two items.
 - ▶ 10 a.m. – Creative Writers Club. Check them out and if you feel creative, join in!
- June 8** 10 a.m. – Fit for Fun BINGO
 - ▶ 9:30 a.m. to 11 a.m. – Hooked on Yarn Group. Learn, practice, and get free supplies! Yarn donations accepted.
- June 9** 10 a.m. – “2026 Nebraska Scams and Anti-Fraud Education (SAFE) Update,” by Ryan Sothan, Nebraska Attorney General’s Office. Learn common fraud tactics, key warning signs and practical steps to safeguard yourself.

- June 11** 10 a.m. – June birthday party with music by Ryley James (50s, 60s, 70s hits and folk songs)
- June 12** 10 a.m. – Creative Writers Club
- June 15** 10 a.m. – “Medieval Italian Swordplay,” presentation by Ben Middendorf. Learn about a 600-year-old manual of knightly combat, Historical European Martial Arts and get a chance to handle a sword!
- June 16** 10 a.m. – June Craft: Nature Weaving Décor. Bring bits of nature – dried flowers, herbs, or leaves, feathers, interesting twigs or seed pods, etc. and we’ll weave them into a décor item!
- June 18** 10 a.m. – Wits Workout
- June 19** *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*
- June 21** Father’s Day!
- June 22** 10 a.m. – Fit for Fun BINGO
 - ▶ Root Beer Floats for the Longest Day for Alzheimer’s Awareness
- June 23** 10 a.m. – June Trivia
- June 25** 10 a.m. – “Local Caregiver Resources,” presentation by Lincoln Caregiver Education Group
- June 26** 9 a.m. to 2 p.m. – Fix-it Friday.
- June 29** 10 a.m. – Music by Annette Murrell, Jim Williamson and John Scofield
- June 30** 10:30 a.m. – Painting demonstration by Garry DeFreece
 - ▶ Nutrition handout: Extending the Life of Produce

Afternoon Activities Groups

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

Stay Informed with OnSolve Alerts

Aging Partners uses the OnSolve notification system to keep you safe and informed. We use this system to share important agency announcements and urgent schedule changes, such as facility closures due to severe weather. When we send an alert, you can receive the message through three different channels simultaneously by phone, text or email. To sign up to receive alerts directly on your smartphone, simply text the word “**alert**” to **22300**. **Note:** When you receive a call or text from this system, it will display as **402-441-6102**, which is the office landline for Beth Schuster at Aging Partners. If you have questions or need assistance setting up your alerts, please contact Beth at 402-441-6102 or your senior center manager.

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

Tuesdays

- ▶ 10:15 a.m. – BINGO!

Thursday Shopping Trips

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

Walmart: June 4 and 18

Super Saver: June 11 and 25

Special Event Programs

- June 1** 10:15 a.m. – Crazy Days of June
 - ▶ 10:30 a.m. – Exercise with Kelle
- June 2** 10 a.m. – Bits of U.S. History
- June 3** 10:30 a.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition Specialist.
- June 4** 10:30 a.m. – A look back in time... history
- June 8** 11 a.m. – Myths or Truths and Old Wives tales
- June 10** 10:30 a.m. – Quizzes on America’s 250th Birthday. Get ready to test your knowledge!
- June 11** 10 a.m. – Live music by the Quarter Notes
- June 15** 10 a.m. – Nature crafts with Echo Collective
 - ▶ 11:15 a.m. – A tribute to our FLAG!
- June 17** 10 a.m. – Live music by 3 Chords and a Cloud of Dust.
- June 19** *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*
- June 21** Father’s Day!
- June 22** Summer has officially started, what are your plans? What was your favorite summer activity.
 - ▶ 10:30 a.m. – Exercise with Kelle
- June 23** 11:15 a.m. – Root Beer Floats for the Longest Day for Alzheimer’s. Held on the summer solstice, this event symbolizes the fight to bring light to the darkness of Alzheimer’s, shining hope and awareness on a day filled with the most sunlight.

June 24 10 a.m. – Live music by the Willow Creek Band

June 25 10:30 a.m. – Table hockey

June 29 10:30 a.m. – Exercise with Kelle

- ▶ 11 a.m. – Campfire Stories



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Monday, June 15



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
Keep 'Em Home (Lincoln).**

Tuesdays and Thursdays

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

Special Event Programs

- June 2** 10:30 a.m. – Chair exercises
▶ 12:15 p.m. – Tuesday brain teasers, word exercises, adult coloring, etc.
- June 4** 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 growing city of Hickman.
▶ 12:15 p.m. – Live music by Denise Howe
- June 9** 10:30 a.m. – Easy Yoga for seniors
▶ 12:15 p.m. – Rock painting craft! Bring in a unique rock to paint, otherwise rocks and paint will be provided.
- June 11** 10 to 11 a.m. – Blood pressure screenings by Michele, St. Croix Hospice
▶ 10:30 a.m. – Nutritional handout and discussion: “Extending the Life of Produce”
▶ Noon – Birthday celebrations!
▶ 12:15 p.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition Specialist
- June 16** 10:30 a.m. – 1978 mystery movie and popcorn
▶ 12:15 p.m. – Movie trivia and snacks
- June 18** 10:30 a.m. – Masters Among Us: Learn how to repurpose old clothing, fabrics and linens into new usable items with our resident crafting, crocheting, and needle-point wizard, Agnes Masek. *This all-ages event is open to the public.*
▶ 12:15 p.m. – Gracia Kremer from Cedarhurst Senior Living speaks on memory care and brings a game designed to stimulate cognitive function, enhance social interaction and improve well-being.
- June 19** *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*
- June 21** Father's Day!

- June 23** 10:30 a.m. – Armchair Travelers video: Andalusia, Gibraltar and Tangier
▶ 12:15 p.m. – Community Connections: Local Hickman author Debbie Crippen shares life stories and the inspiration behind her latest book, *Recipes for Praying: God's Heart.*
- June 25** 10 to 11 a.m. – Strength and balance training activities by Jon Alford, Peak Performance
▶ 12:15 p.m. – BINGO! by Denise Winton, *Keep 'Em Home*
- June 30** 10:30 a.m. – Easy Yoga for Seniors
▶ 12:15 p.m. – Corvette Trivia. On this day in 1953 Chevrolet introduced this classic sports car!

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 Keep 'Em Home (*Lincoln*).

Mondays

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

Special Event Programs

- June 1** 10 to 11 a.m. – Blood screenings by Lakeview Living (*Firth*)
- ▶ 10:30 a.m. – Live music by Denise Howe
 - ▶ 12:15 p.m. – Gracia Kremer of Cedarhurst Senior Living speaks on memory care and brings a game designed to stimulate cognitive function, enhance social interaction, and improve well-being.
- June 8** 10:30 a.m. – Nutrition handout and discussion: Extending the Life of Produce
- ▶ Noon – Birthday celebrations
 - ▶ 12:15 p.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition
- June 15** 10:30 a.m. – Trivia on the History of Electricity.
- ▶ 12:15 p.m. – “Passing the Baton,” presentation about end-of-life planning by Jody Richards, Roper & Sons Funeral Home.
- June 19** *Aging Partners offices and all senior centers are closed in observance of Juneteenth.*
- June 22** 10:30 a.m. – Masters Among Us: The Monday morning card playing crew in Firth will teach you how to become an expert Pitch player! Learn the strategy and techniques that make this card game fun. *This all-ages event is open to the public.*
- ▶ Noon – Root Beer Floats for the Longest Day for Alzheimer's. This event symbolizes the fight to bring light to the darkness of Alzheimer's, shining hope and awareness on a day filled with the most sunlight.
 - ▶ 12:15 p.m. – BINGO! by Denise Winton, Keep 'Em Home
- June 29** 10:30 a.m. – Community Connections: Local Hickman author Debbie Crippen stops in to share some life stories and the inspiration behind her latest book, *Recipes for Praying: God's Heart*.
- ▶ 12:15 p.m. – Armchair Travelers video: Fjords, mountains, and Bergen, the capital of Norway.

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

- June 3** 10 to 11 a.m. – Blood pressure screenings by Michele, St. Croix Hospice
- ▶ 10:30 a.m. – Community Connections: Doreen Droge, assistant editor of The Voice News and retired volunteer director for the Hickman Community Reading Center, drops by for coffee, conversation, and a small presentation on the new Onyx HD Reader.
 - ▶ 12:15 p.m. – Gracia Kremer from Cedarhurst Senior Living speaks on memory care and brings a game designed to stimulate cognitive function, enhance social interaction, and improve well-being.
- June 10** 10:30 a.m. – “Passing the Baton,” presentation about end-of-life planning by Jody Richards of Roper & Sons Funeral Home.
- ▶ Noon – Birthday celebrations!
 - ▶ 12:15 p.m. – Masters Among Us: Deb Q-Smedra. Learn about body mechanics and how improving our daily movement patterns can reduce risk of injuries while staying active. *This all-ages event is open to the public.*
- June 17** 10:30 a.m. – Nutritional handout and discussion: “Extending the Life of Produce”
- ▶ 12:15 p.m. – “Brain Health,” presentation by Devin Mueller, Aging Partners Nutrition
- June 21** Father's Day!
- June 24** 10 to 11 a.m. – Balance, strength, and resilience activities by Bryce Rolenc, Peak Performance
- ▶ 12:15 p.m. – BINGO! by Denise Winton, Keep 'Em Home

JUNE 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Half roast beef sandwich Pickle spear Loaded potato soup Spinach and cranberry salad Peaches	Deluxe grilled Chicken sandwich Three bean salad Fruit salad	Teriyaki meatballs over rice Mandarin oranges Broccoli Fruit cobbler	Tater tot casserole Beets Raisin bread Fresh fruit	Hot open-faced turkey sandwich Mashed potatoes with gravy Green beans Melon
8	9	10	11	12
Barbacoa tacos Lettuce salad Tortilla chips Guacamole Fresh fruit	Cod sandwich Pasta salad Fresh fruit Sherbet cup	Sloppy Joe on a bun Macaroni salad Mixed vegetables Apple	Chicken salad on a croissant Chicken and wild rice soup California vegetables Pineapple	Southwest cheeseburger Tater tots Lettuce salad Pears
15	16	17 *	18	19
Tuna noodle casserole Antigua vegetables Roll Fresh fruit Cake	Half turkey and cheese sandwich Pickle spear Tomato soup Lettuce salad Fresh fruit	Cheesy ham and potato casserole Broccoli Roll Peaches	Meatball sub Chips Three bean salad Fresh fruit Fruit cobbler	<i>Aging Partners offices and all senior centers are closed in observance of Juneteenth.</i>
22	23	24	25	26
Country beef sandwich with tomato and lettuce Vegetables Fresh fruit Ice cream treat	Tilapia Wild rice Carrots Roll Grapes	Beef chili Cinnamon roll Mixed vegetables Banana	Loose meat sandwich Coleslaw Chips Mango chunks	Shredded chicken taco salad with lettuce and tomato Tortilla chips Refried beans Mixed fruit
29	30			
Chicken bacon ranch pasta Asparagus Breadstick Applesauce	Egg salad sandwich on a croissant Chicken noodle soup Spinach and lettuce salad Fruit			

Menus are subject to change.

- Meals include 1% milk and margarine or butter with bread items.
- *June 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.