

2026 Dinner and Show

(Entertainment sponsored by Butherus, Maser & Love)

Auld Pavilion, 1650 Memorial Drive, Lincoln

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

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



- **The Dustin West Band – (Jimmy Buffett tribute)**

Thursday, May 14

Menu: Cuban style seasoned pork, dirty rice (yellow rice), black beans, dinner roll

Reservations and

payments accepted April 13 through May 5.

- **The 402 Band – (Classic Top 40 Hits)**

Thursday, June 11

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

Reservations and payments accepted May 18 through May 28.

- **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.

- **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.**

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.

This season we will explore Nebraska Before Statehood with a line-up of distinguished Nebraska scholars.

- **Monday, June 8**

“The Life of Francis Boucher, Fur Trader,” Paul Hedren (author, *Sitting Bull’s War*).

Reservations and payments accepted May 5 through June 1.



Paul Hedren

- **Monday, July 6**

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

Reservations and payments accepted June 9 through 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 payments accepted July 7 through 27.



Jeff Barnes

- **Monday, Sept. 14**

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

Reservations and payments accepted Aug. 7 through Sept. 8.



David Bristow

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! **Call 402-441-8453 to reserve a spot.**

2026 Day Trip Tours

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

• 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

Reservations accepted through May 15.



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 have been 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. All 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. If you haven't visited recently, you're in for a treat—they've expanded beyond their famous chocolate meltaways. With a new variety of sweets, it truly makes everyone feel like a "kid in a candy store."

• 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.

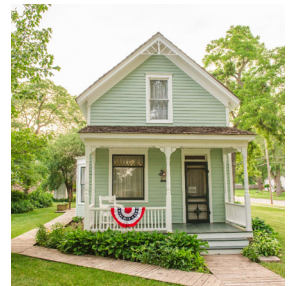
Clarinda Carnegie Art Museum

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 with **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.

Day Trip Tours continued on page 3

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.

Day Trips continued from page 2

• **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 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 are 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.

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.



City of Lincoln
**AGING
PARTNERS**

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

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

Wednesdays

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

Fridays

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

Super Saver: May 1, 15 and 29

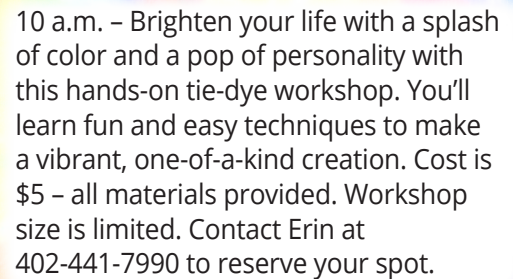
Walmart: May 8 and 22

Special Event Programs

- May 1** 10 a.m. – May Day baskets with the preschoolers from the Belmont Community Center. Join us for this fun spring tradition!
- May 4** 9:30 a.m. – Movie Monday; grab some popcorn and enjoy a fun spring flick!
- May 8** 10 a.m. – Senior Buddy Project; Goodrich Middle School students join us for cards and games.
- May 11** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge of the events and traditions of the month of May.
- May 12** *Belmont Senior Center is closed for the election primaries.*
- May 13** 9 to 11 a.m. – Sign up for Farmers Market coupons.
- May 15** 10 a.m. – Enjoy the musical stylings of this one-man-band – Tom Ficke!
 - ▶ Join us as we celebrate May birthdays with cake and conversation!



May 18



10 a.m. – Brighten your life with a splash of color and a pop of personality with this hands-on tie-dye workshop. You'll learn fun and easy techniques to make a vibrant, one-of-a-kind creation. Cost is \$5 – all materials provided. Workshop size is limited. Contact Erin at 402-441-7990 to reserve your spot.

May 19

Nutrition handout: Putting Sugar on the Stand

May 25

Aging Partners offices and all senior centers are closed in observance of Memorial Day.

May 28

10 a.m. – “Cracking the Code on Eggs” presentation by Devin Mueller, Aging Partners Nutrition Specialist.

May 29

10 a.m. – Stevie Lang, Aging Partners Personal Trainer and health educator shares how consistent exercise is essential to maintaining strength, independence and good mental health.



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 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

- ▶ 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 some friendly competition, good conversation, and plenty of fun. *All are welcome to play.*
- ▶ 10 a.m. – Beginners line dance class! Meet Rose in the puzzle room for this easy, fun class.
- ▶ 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out and if you feel creative, join in!

Wednesdays

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

Fresh Popcorn Fridays

- ▶ 9 a.m. – Join us for a pitch card party! Come enjoy some friendly competitions, good conversations, and plenty of fun. All are welcome to play.

Special Event Programs

- May 1** 10 a.m. – Happy May Day! We're celebrating spring by making bird-seed ornaments today! It's the perfect way to welcome warmer weather and give our feathered friends a special treat.
- May 4** 10:30 a.m. – Today we're finishing our birdseed ornaments and getting them ready for you to take home and hang outside!
- May 5** 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!

- May 7** 10:30 a.m. – Come join us for a sing-along today! No need to be a professional — just bring your voice and have some fun. Everyone is welcome. Let's sing together!
- May 8** 10 a.m. – Live entertainment with Tim Jarvosky
- May 10** Mother's Day
- May 11** 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).
- May 12** 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.
- May 14** 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.)
 - ▶ 10 a.m. – Live entertainment with Johnny Ray Gomez
- May 19** Nutritional handout: Putting Sugar on the Stand
- May 21** 10 a.m. – "What's New with Medicare" presentation by Colleen Ozanne, Nebraska SHIP.
- May 22** 9:30 a.m. – Join us for a movie and popcorn! Relax, enjoy the show, and have a fun time together.
- May 25** *Aging Partners offices and all senior centers are closed in observance of Memorial Day.*
- May 28** 10 a.m. – Join us for adult coloring! Relax, unwind, and enjoy some creative time in a calm and friendly setting. All are welcome!
- May 29** 11 a.m. – "Cracking the Code on Eggs" presentation by Devin Mueller, Aging Partners Nutrition Specialist

May Activities are Tentative!

Please note that Northeast Center May activities are tentatively scheduled due to ongoing cleanup of an earlier building flood. Before visiting, we recommend calling Ben Middendorf, Victory Park center manager, at 402-441-7154 or checking Facebook.com/AgingPartners for the latest updates. Patrons are invited to visit the other centers for lunch and activities.

Aging Partners Health and Fitness programs

focus on injury prevention. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The Schmieding Foundation Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m. 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 these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 1005; 1010 and 1080.

LNKTV City – 2, 1300, 1005; LNKTV Health – 3, 1301, 1010; LNKTV Education – 23, 1303, 1080

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

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

Victory Park Foot Clinic / Health Promotion Services

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

Services are available to 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.
Jan. 5 through May 18 and June 1 through Aug. 17
- **Auld Pavilion, 1650 Memorial Drive.**
Wednesdays, 10 to 11 a.m.
Jan. 7 through May 13

Tai Chi for Arthritis and Fall Prevention – Level I

- **Eastridge Presbyterian Church, 1135 Eastridge Drive**
Tuesdays and Thursdays, 1 to 2 p.m.
March 3 through May 7 and June 2 through Aug. 6

This class is beneficial to people with or without arthritis and can help prevent falls. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Please note updated information: Suggested contribution \$4 per class or \$80 per session.

Tai Chi for Arthritis and Fall Prevention – Level II

- **American Lutheran Church, 4200 Vine St.**
Mondays and Wednesdays, 10 to 11 a.m.
March 30 through June 1 (no class May 25) and June 15 through Aug. 12

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Please note updated information: Suggested contribution is \$4 per class or \$72 per session.

Qigong Refresh and Recharge

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

- **American Lutheran Church, 4200 Vine St.**
Tuesdays, 9:30 to 10:30 a.m. – Jan. 6 through May 19
(no class May 12) and June 2 through Aug. 18
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m. – Jan. 8 through May 7

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

- Mondays, 9:30 to 10:30 a.m.
July 20 through Oct. 12
- Wednesdays, 9:30 to 10:30 a.m.
July 22 through Oct. 7

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.

Living Well with Chronic Conditions Workshop

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

Tuesdays, 2:30 to 4:30 p.m.
April 14 through May 26 (no class May 12)

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions to learn tools to manage their health and live happier, healthier lives.

Some topics include: Action planning, Communication, Better breathing, Pain management, Medication management, and many more topics

\$8 suggested contribution per class for age 60 and over.
\$10 fee per class for those under age 60.

Please register early as class size is limited.

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.
March 3 through May 21 (no class May 12)
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, call Monte at 402-416-7693.

Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137
(Enter through door 6 on north side of St. Mark's)
Tuesday, May 12 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!
- ▶ 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: May 6 and 13

HyVee: May 20 and 27

Fridays

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

Special Event Programs

May 4 10 a.m. – Music BINGO with Elliott Piper!

May 5 10 a.m. – Fit for Fun BINGO

May 6 3 to 4 p.m. – Hometown Fresh Produce Truck available in the New VA Clinic parking lot, 420 Victory Park Drive, Lincoln, NE, 68510.

May 7 10:30 a.m. – “Cracking the Code on Eggs” presentation with Devin Mueller, Aging Partners Nutrition Specialist.

May 8 10 a.m. – It’s the 3-year anniversary of the Victory Park Senior Center! Join us for a fun slide show looking back at the last few years and enjoy some cake!



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

- ▶ 10 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!

May 10 Mother’s Day!

May 11 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 are accepted.

May 12 10 a.m. – Wii Bowling
▶ *Nebraska Primary Election Day. The Aging Partners Classroom will be a polling place.*

May 13 9:45 a.m. – Commodities provided by the Food Bank of Lincoln. Pre-registration is required by calling 402-819-5348.

May 14 10 a.m. – May Birthday Party with Music by the Playhouse Greasers! The Playhouse Greasers were formed after a senior production by the Lincoln Community Playhouse of Grease: The School Edition. Now these fun folks tour and bring singalong joy wherever they roam, singing rock ‘n roll, country and gospel!

May 18 10 a.m. – Fit for Fun BINGO

We Want to Hear from Seniors

The University of Nebraska Omaha invites you to a discussion at the Victory Park Senior Center on Monday, May 18, from 10 to 11 a.m. We want to hear from seniors. What challenges are you facing? What services would make a difference in your life? Your feedback will be shared with the State Unit on Aging to help guide their long-term planning.

May 19 10 a.m. – May Trivia

May 21 10 a.m. – May Craft

May 22 9 a.m. to 2 p.m. – Fix-it Friday
▶ 10 a.m. – Creative Writers Club

May 25 *Aging Partners offices and all senior centers are closed in observance of Memorial Day.*

May 26 10:30 a.m. – Painting demonstration by artist, Garry DeFreece
▶ Nutrition handout: Putting Sugar on the Stand

May 28 10 a.m. – Wits Workout

May 29 10 a.m. to 1 p.m. – Farmers Market Coupon Registration

Afternoon Activities Groups

Pitch, Bridge and Mahjong

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

Washington Street Senior Center

Grace Lutheran Church

2225 Washington St., Lincoln, NE 68502

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

Lunch served: 11:30 a.m.

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

Center Manager: Kelle Brandt

Monday through Friday

- ▶ 9 a.m. – Coffee social

Mondays

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

Tuesdays

- ▶ 10:15 a.m. – BINGO!

Thursdays

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

Super Saver: May 7 and 21

Walmart: May 14 and 28

Fridays

- ▶ Game Day: Play a variety of games or try your hand at learning a new one!

Special Event Programs

May 1 May Day. Enjoy your May basket and discuss how that tradition got started.

May 4 Interesting dates in May presentation

May 6 10:30 a.m. – “Cracking the Code on Eggs” presentation by Devin Mueller, Aging Partners Nutrition Specialist

May 7 10 a.m. to noon – Sign up for Farmers Market Coupons; Aging Partners’ Jill Engel will be available to answer your questions.

May 10 Mother’s Day

May 11 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck will be in the south parking lot.

- ▶ Noon – The new Lincoln City Libraries bookmobile will be here.

May 12 *Election Day: Washington Street Senior Center is closed as its location serves as a polling station.*



May 13 10 a.m. – May is Older Americans Month. Let’s share the wisdom gained from life experiences, what matters most to us and what wasn’t worth the worry.

May 14 10 a.m. – Enjoy the music of the Quarter Notes.

May 18 10 a.m. – The Echo Collective will lead us in crafting a project using natural materials.

May 20 10:30 a.m. – Music BINGO with Elliott Piper!

May 21 10:30 a.m. – Table hockey

- ▶ 11 a.m. – Remembering Memorial Day and why it is important.

May 25 *Aging Partners offices and all senior centers are closed in observance of Memorial Day.*

May 26 Noon – TV trivia

May 27 10 a.m. – Enjoy the music of the Willow Creek Band.

May 28 10:30 a.m. – Indoor yard games

NeighborLNK

Lincoln.ne.gov (keyword: NeighborLNK)



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

Volunteers will provide services:

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

Services include:

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

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



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 St. Croix Hospice (Lincoln).

Tuesdays and Thursdays

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

Special Event Programs

- May 5** 10:30 a.m. – Chair exercises
- ▶ 12:15 p.m. – Monthly brain teasers, word exercises, adult coloring, etc.
- May 7** 10:30 a.m. – Crafting care plans to assist with your specific needs, the way you want them done, Alicia Brown from Amana Care joins us to discuss non-medical home services and keep us sharp with unique brain exercises.
- ▶ 12:15 p.m. – On this day in 1941, Glenn Miller recorded Chattanooga Choo Choo; the very first designated gold record. Enjoy your favorite big band sounds and swing tunes after lunch.
- May 10** Mother's Day
- May 12** *The Bennet Senior Center is closed due to the Bennet American Legion being closed for the election.*
- May 14** Birthday celebrations
- ▶ 10 to 11 a.m. – Blood pressure screenings by Michele, St. Croix Hospice
 - ▶ 10:30 a.m. – Nutrition handout: Putting Sugar on the Stand
 - ▶ 12:15 p.m. – "Cracking the Code on Eggs" presentation by Devin Mueller, Aging Partners Nutrition Specialist



- May 19** 10:30 a.m. – Movie and Popcorn Day; celebrate "The First Lady of Cinema" Katharine Hepburn on her birthday with this classic about a leopard named Baby.
- ▶ 12:15 p.m. – Movie related trivia and snacks.
- May 21** 10 to 11 a.m. – Jon Alford from Peak Performance leads us in a mix of physical activities (including strength and balance training) crucial for maintaining health and independence.
- ▶ 12:15 p.m. – Live music by Mike Semrad
- May 26** 10:30 a.m. – Chair exercises
- ▶ 12:15 p.m. – Join us for another video edition of Armchair Travelers. This time we were exploring fjords, mountains, and Bergen, the capital of Norway.
- May 28** 9 a.m. to noon – Aging Partners rural foot care clinic. Appointments required. Call Monte at 402-441-7693 to schedule your future appointment! (\$25 suggested contribution)
- ▶ 12:15 p.m. – BINGO called by Laura Steel, St. Croix Hospice

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 St. Croix Hospice (Lincoln).

Mondays

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

Special Event Programs

- May 4** 10 to 11 a.m. – Blood pressure screenings by Lakeview Living (Firth)
- ▶ 10:30 a.m. – Live music by Chris Sayre
 - ▶ 12:15 p.m. – Crafting care plans to assist with your specific needs, the way you want them done, Alicia Brown, Amana Care joins us to discuss non-medical home services and keep us sharp with unique brain exercises.
- May 11** Birthday celebrations
- ▶ 10:30 a.m. – Nutrition handout: Putting Sugar on the Stand
 - ▶ 12:15 p.m. – “Cracking the Code on Eggs” presentation by Devin Mueller, Aging Partners Nutrition Specialist
- May 18** 9 a.m. to noon – Aging Partners rural foot care clinic; nurses will examine feet and trim nails. Appointments required by calling Monte at 402-416-7693 (\$25 suggested contribution).
- ▶ 12:15 p.m. – BINGO called by Laura Steel, St. Croix Hospice
- May 25** *Aging Partners offices and all senior centers are closed in observance of Memorial Day.*

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

- May 6** 10 to 11 a.m. – Blood pressure screenings by Michele, St. Croix Hospice
- ▶ 10:30 a.m. – Get Ready for Trivia with Monte! This time it's all about beautiful green emeralds: the birthstone of May.
 - ▶ 12:15 p.m. – Live music by Mike Semrad
- May 13** Birthday celebrations
- ▶ 10:30 a.m. – Join us for another video edition of Armchair Travelers. This time were exploring Andalusia, Gibraltar, and Tangier.
 - ▶ 12:15 p.m. – Live music by Chris Sayre
- May 20** 10 to 11 a.m. – Bryce Rolenc from Peak Performance leads us in a monthly mix of physical activities crucial to achieving balance, strength, and resilience.
- ▶ 10:30 a.m. – Nutrition handout: Putting Sugar on the Stand
 - ▶ 12:15 p.m. – “Cracking the Code on Eggs” presentation by Devin Mueller, Aging Partners Nutrition Specialist
- May 27** 9 a.m. to noon – Aging Partners rural foot care clinic. Appointments required. Call Monte at 402-441-7693 to schedule your future appointment! (\$25 suggested contribution)
- ▶ 12:15 p.m. – BINGO called by Laura Steel, St. Croix Hospice

MAY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Barbacoa tacos Lettuce salad Tortilla chips Guacamole Fresh fruit
4	5	6	7	8
Cod sandwich Potato salad Fresh fruit Sherbet cup	Chicken salad on a croissant Chicken and wild rice soup California vegetables Pineapple	Southwest cheeseburger Tater tots Lettuce salad Pears	Pork fritter Mashed potatoes with gravy Green beans, Bread Tropical fruit	Tuna noodle casserole Antigua vegetables Roll Fresh fruit Cake
11 *	12	13	14	15
Cheesy ham and potato casserole Broccoli Roll Peaches	Meatball sub Chips Three bean salad Fresh fruit Fruit cobbler	Chicken stir-fry with vegetables White rice Egg roll Mandarin oranges Fortune cookie	Country beef sandwich with lettuce and tomato Carrots Fresh fruit Ice cream treat	Tilapia Wild rice Carrots Roll Grapes
18	19 *	20	21	22
Loose meat sandwich Coleslaw Chips Mango chunks	Hot dog on a bun Macaroni salad Asparagus Fresh fruit	Shredded chicken taco salad with lettuce and tomato Tortilla chips Refried beans Mixed fruit	Shredded brisket Macaroni and cheese Peas and carrots Pears Italian ice	Chicken bacon ranch pasta Asparagus Breadstick Applesauce
25	26	27	28	29
<i>Aging Partners offices and all senior centers are closed Memorial Day.</i>	Crab cakes Wild rice Green beans Banana	Philly cheesesteak with green peppers Coleslaw Potato chips Mixed fruit Cake	Pancakes Turkey sausage patties Boiled egg V8® Pineapple	Hamburger on a bun with pickle and onion Potato salad Baked beans Fruit

Menus are subject to change.

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