

## 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 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)

## 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)

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.

## StrongBodies Strength Training Program

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

Tuesdays and Thursdays

Beginners: 9 to 10 a.m. and Intermediate: 10:30 to 11:30 a.m.

April 16 through July 9 (no class 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.**

## Community Activities and Services

March 2024

### 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. A \$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. A \$2 suggested contribution per class or \$48 per session.

### Stepping On – Building Confidence and Reducing Falls

Victory Park, 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. Suggested contribution of \$4 per class for age 60 and over.

### Aging Partners Foot Clinics/UNMC Senior 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.**

### 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.

### Caregiver Support Group

Tuesday, March 12 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.**

