

## **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.

**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.

## **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 those 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.  
Sept. 8 through Dec. 15  
Jan. 5, 2026 through May 18 (no class Jan. 19 and Feb. 16)
- **Auld Pavilion, 1650 Memorial Drive**  
Wednesdays, 10 to 11 a.m.  
Jan. 7, 2026 through May 13

## **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.  
Sept. 9 through Dec. 16  
Jan. 6, 2026 through May 19
- **Auld Pavilion, 1650 Memorial Drive**  
Thursdays, 1:30 to 2:30 p.m.  
Jan. 8, 2026 through May 7 (no class March 19 and April 9)

## **Chair Yoga**

**Eastridge Presbyterian Church, 1135 Eastridge Drive**

Mondays, 9:30 to 10:30 a.m.  
Oct. 20 through Dec. 15  
Jan. 5, 2026 through April 6 (no class Jan. 19 and Feb. 16)  
Wednesdays, 9:30 to 10:30 a.m.  
Oct. 22 through Dec. 17  
Jan. 7, 2026 through April 8

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. Beginners welcome.

## Community Activities and Services

**DECEMBER 2025**

## Evidence-Based 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.

Nov. 18 through Feb. 17, 2026 (no class Dec. 25 and Jan. 1)

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).

## Tai Chi for Arthritis and Fall Prevention

## Eastridge Presbyterian Church

**1135 Eastridge Drive**

Tuesdays and Thursdays, 1 to 2 p.m.

Nov. 18 through Feb. 3, 2026

(no class Nov. 27, Dec. 25 and Jan. 1)

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: \$4 per class suggested contribution or \$80 per session (20 classes).

## Tai Chi for Arthritis and Fall Prevention Level II

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

Mondays and Wednesdays, 10 to 11 a.m.

Oct. 13 through Dec. 10

Jan. 5, 2025 through March 11 (no class Jan. 19 and Feb. 16)

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 (18 classes).

## Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (only by appointment) to those age 60 and over. A suggested contribution of \$25 will help these services continue. 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.

- **Victory Park Center** (every other month)  
600 S. 70th St.

For appointments, call Ann Heydt at 402-441-7506.

- **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

Tuesday, Dec. 9 from 5 to 6 p.m.

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 6 on north side of St. Mark's)

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.

**Registrations are not needed;  
walk-ins welcome.**

