



Dinner and Show

Auld Pavilion, 1650 Memorial Drive

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

\$16 meal fee (catered by Hy-Vee)

\$5 round-trip van transportation fee within Lincoln

• Thursday, Sept. 11 – Hillbilly Deluxe

Singing and playing country music, blues and good ol' rock and roll. You won't be able to stay off the dance floor!

Menu: Beef lasagna, garden salad, fresh fruit, roll and butter, snicker cake

Reservations/payments accepted Aug. 18 through Aug. 29. Call 402-441-7158.

Music sponsored by:
**Butherus,
Maser
& Love**
Funeral Home

Aging Partners Day Trip

• Wizard of Oz Museum/Columbian Theater Museum – Wamego, KS

Thursday, Aug. 28

Bus departs: 9 a.m. from Victory Park

Returns: 8:30 p.m.

Cost: \$80 per person

We will arrive in Wamego for a buffet-style lunch of pulled pork sandwiches, BBQ sauce, onions, pickles, roll, baked beans, macaroni salad, cookie and drink. The town of Wamego is based on the Wizard of Oz. There will be a tour of the Columbian Theater, which has artifacts and artwork from the 1893 Chicago World's Fair, a tour through the Wizard of Oz Museum, and a trip down the Yellow Brick Road. After a busy day, we will stop in Beatrice at Runza® for supper at your own expense.



Reservations accepted through Aug. 11. No refunds after Aug. 13. Call 402-441-7158.

Aging Partners Day Trip *continued*

• Lauritzen Gardens – Omaha, NE

Friday, Sept. 26

Bus departs: 8:30 a.m. from Victory Park

Returns: 5:30 p.m.

Cost: \$70 per person

This trip begins in a large indoor tent with a meal provided by Lauritzen Gardens café (turkey and swiss on a croissant with lettuce and tomato, chips, fresh fruit, cookie and bottled water). There is a special antique/garden show going on at this time. There will be walking involved but no stairs. There will be indoor booths by exhibitors from all over the country with lots of antique items for sale. Hopefully the trams will be working and we will have a chance to ride around the beautiful garden area.



Reservations accepted from Aug. 11 to Sept. 12.

No refunds after Sept. 15.

**\$5 round-trip transportation fee (in Lincoln)
to Victory Park**

(must have 40 participants signed up for trips to occur)

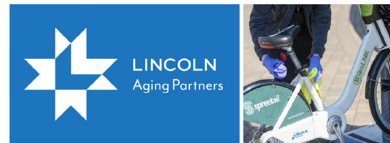
For details and reservations, call 402-441-7158.



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.**



Hosted by: Aging Partners Health and Fitness

Introductory BikeLNK Bike Share Class

Introductory BikeLNK Bike Share Class

21st and "Q" Streets

Monday, Aug. 18 from 9 to 11 a.m.

Monday, Sept. 8 from 9:30 to 11:30 a.m.

Aging Partners Health and Fitness will be partnering with the City's BikeLNK bike share program to host introductory classes this spring and summer. We will meet at the location below. Bikes and helmets will be provided at no charge. Feel free to bring your own helmet, if you'd like.

Topics will include:

- What is the BikeLNK program?
 - How to check out BikeLNK bikes.
 - Two types of bicycle styles will be available for participants to try out: classic and electric pedal assist (otherwise known as "e-bikes").
 - Basic safety tips.
- Riders will have the opportunity to take the bikes on a short ride on the nearby trails after the demonstration.

**To register,
call 402-441-7575
(spots are limited).**

*It is important that all riders
arrive on time so they don't
miss important shared
information.*



Would you like to receive *Living Well* magazine?

A publication with older adults in mind.



**To sign up, call
402-441-6146 or email
livingwell@lincoln.ne.gov**



Evidence-Based Living Well with Chronic Conditions Workshop



Victory Park Center, Classroom 105
600 S. 70th St.
Fridays, 9 to 11 a.m.
October 10 through November 21
(No class October 31)

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
- Better breathing
- Medication management
- Communication
- Pain management
- And many more topics

\$8 suggested contributions per class for age 60 and over. \$10 Fee per class for those under age 60 (\$60 for the session).

Class size is limited.
Register early by calling 402-441-7575.

Cancellations: Aging Partners reserves the right to cancel an event as needed or due to insufficient reservations.

Belmont Senior Center

Belmont Recreation Center

1234 Judson St., Room 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.

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, recumbent and stationary bikes, and other fitness equipment.

Tuesdays

- ▶ 10:45 a.m. – Group fitness classes

Wednesdays

- ▶ 10:15 a.m. – BINGO; great fun and fabulous prizes! Our sponsor this month is ArchWell Health. *Thank you for your generous support!*

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: Aug. 1, 15 and 29

Walmart: Aug. 8 and 22

Special Event Programs

- Aug. 4** 10 a.m. – Paratransit; come learn how to use the paratransit service from StarTran and take a tour of a paratransit bus. Participants will receive a free 31-day bus pass. Class size is limited to 25. To register, call the center manager at 402-441-7990.
- Aug. 5** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.
- Aug. 7** 10 a.m. – Flag trivia with Eldonna Rayburn, Asher Point Independent Living of Lincoln.
- Aug. 8** All day – Rockin’ the record player; bring in your favorite vinyl records and take a trip down memory lane!
 - ▶ Celebrate August birthdays with cake and conversation!

- Aug. 11** 10 a.m. – “Safe Driving for Seniors” presentation with Tracy Burmeister, National Safety Council
- Aug. 12** 10:45 a.m. – Simply Fit: A gentle, 30-minute video exercise class accommodating all fitness levels.
- Aug. 14** 10 a.m. – Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing, will share information on their programs and services.
- Aug. 15** 10 a.m. – Wits Workout; join us for this engaging program of interactive puzzles and games to improve your brain health.
- Aug. 18** 10 a.m. – Get ready for a toe-tappin’ good time with Elliott Piper’s Music BINGO! Reminisce over classic standards and forgotten favorites from the golden age of rock ‘n roll!
- Aug. 19** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber
 - ▶ Nutrition handout: Simply Squash
- Aug. 21** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge of the events and traditions of the month of August.
- Aug. 25** 9:30 a.m. – Movie Monday; beat the heat with popcorn and a cool classic summer film!
- Aug. 26** 10:45 a.m. – Simply Fit: 30-minute video exercise class.
- Aug. 28** 10:45 a.m. – “Nutrition Facts vs. Myths: Setting the Record Straight!” presentation by Devin Mueller, Aging Partners Nutrition.

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**



SENIORS
FOUNDATION

AGING
PARTNERS



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.

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 a.m. – Card club
- ▶ 10 a.m. – Bingocize®

Tuesdays

- ▶ 9 a.m. – Card club
- ▶ 10 a.m. – Bingocize®

Wednesdays

- ▶ 10 a.m. – BINGO; Visiting Angels is this month's sponsor. *Thank you for your support!*

Thursdays

- ▶ 9 a.m. – Card club

Fridays

- ▶ Fresh popcorn each Friday
- ▶ 9 a.m. – Card club



live
music

Bill Chrastil

10 a.m. – Aug. 8

Denise Howe

10 a.m. – Aug. 22

Gary Windle

10 a.m. – Aug. 29

**Wear pink
on Wednesdays
for Flamingo
Fling Month**



Aug. 6

Noon – National Root Beer Float Day

Aug. 7

10:30 a.m. – “Caring for Your Loved Ones” presentation with staff from Lincoln Caregivers Education Group. Their mission is to create awareness about adult caregiving issues and provide access to resources in the Lincoln area.

Aug. 11

9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution). To schedule an appointment, call Ciji at 402-441-7151.

Aug. 12

10 a.m. – Human slot machine game and information about the Walk to End Alzheimer's. It's a live-action twist on the classic game. Instead of spinning reels, people act as the slot machine. Pull the lever and see what combination you get. On Sunday, Oct. 5, the Walk to End Alzheimer's will be held at our Victory Park location.

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Aug. 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.

Aug. 15

Happy Birthday, Hawaii; come dressed in your best luau attire.

- ▶ 10 a.m. – Best Friend Forever Sing Along! It's also National Best Friend Day.

- ▶ 11 a.m. – History of Hawaii's admission as a state

Aug. 19

10 a.m. – The Free Writers Club

- ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
- ▶ Nutrition handout: Simply Squash

Aug. 20

11:15 a.m. – Happy Birthday, Lemonade (1603); Enjoy a refreshing cup!

Aug. 21

10 a.m. – “Nutrition Facts vs. Myths: Setting the Record Straight!” presentation by Devin Mueller, Aging Partners Nutrition.

- ▶ 11 a.m. – Flamingo trivia with pink cloud punch
- ▶ 11:45 a.m. – “This was the Year: 1999”

Aug. 25

9 to 11 a.m. – Mending with Mary; bring in one clothing item that needs repair, a tuck, a button or hem. Mary will sew this for you right here at the center free of charge!

- ▶ 10 a.m. – Enjoy the live music of Johnny Rae Gomez

Aug. 28

11 a.m. to 1 p.m. – Sweet Treats ice cream truck

Special Event Programs

Aug. 1 10 a.m. – Shirley Temple and flamingo trivia

Aug. 4 9:30 a.m. – National Watermelon Day (Aug. 3) social with Beach Time Laugh Lines.

Aug. 5 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out and if you are feeling creative, join in!

- ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck

Community Activities and Services

AUGUST 2025

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 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 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 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 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.

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

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.

- **American Lutheran Church, 4200 Vine St.**
Mondays, 1:30 to 2:30 p.m.
April 14 through Aug. 18 (no class May 26) and Sept. 8 through Dec. 8
- **Auld Pavilion, 1650 Memorial Drive**
Wednesdays, 10 to 11 a.m.
Sept. 10 through Nov. 26

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, 9:30 to 10:30 a.m.
April 1 through Aug. 19 and Sept. 9 through Dec. 9 (no class Nov. 11)
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
Sept. 18 through Nov. 20 (no class Oct. 9)

Tai Chi Level II for Arthritis and Fall Prevention

American Lutheran Church, 4200 Vine St.

Mondays and Wednesdays, 10 to 11 a.m.

July 14 through Sept. 15 (no class Sept. 4)

Please note updated information: Suggested contribution is \$4 per class.

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.

Community Activities and Services

AUGUST 2025

StrongBodies Strength Training Program

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

Tuesdays and Thursdays

May 13 through Aug. 5 (no class June 19)

Aug. 12 through Oct. 30

8:15 a.m. – Beginners

9:45 a.m. – Intermediate

11:45 a.m. – Intermediate

Please note updated information: Suggested contribution is \$4 per class.

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; and 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.

Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. A \$25 suggested contribution will help these services continue. Services are provided at the following locations:

- **Northeast Center** (second Monday each month) 6310 Platte Ave. Call Center Manager Ciji Mays at 402-441-7151 to schedule an appointment.
- **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.
- **Victory Park Center** (every other month) 600 S. 70th St.

For rural Lancaster County senior center appointments, call Monte at 402-416-7693.

Tai Chi Level I for Arthritis and Fall Prevention

Eastridge Presbyterian Church, 1135 Eastridge Drive

Tuesdays and Thursdays, 1 to 2 p.m.

Aug. 5 through Oct. 9

Suggested contribution is \$4 per class.

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.

On The Move: for Improved Mobility in Older Adults

Tuesdays and Thursdays, 1 to 2 p.m.

July 8 through Sept. 25

Suggested contribution is \$4 per class.

On The Move is an evidence-based group exercise program developed by physical therapists to improve the coordination and efficiency of walking. This class will help with improving the timing and coordination of walking by using specialized walking and stepping patterns.

OTM is for adults who can walk independently or with a cane but may be unsteady or have some difficulty. This course is not appropriate for individuals who require the use of a walker.

Caregiver Support Group

Tuesday, August 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.

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.



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

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
- ▶ 1 p.m. – Shopping trips: call your center manager to reserve a seat by noon the Monday before the trip. \$4 suggest trip contribution.

Walmart: Aug. 6 and 13

HyVee: Aug. 20 and 27

Fridays

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

Special Event Programs

Aug. 1 9 a.m. to 2 p.m. – Fix-It Friday. Do you have clothing items that need mending? Volunteers Crystal and Lillian are happy to do minor mending tasks such as resewing buttons, sewing seams, etc. They can't do everything, but they'll do it for free! *(Please limit to bringing two items at a time.)*

Aug. 4 10 a.m. – Bingocize®; we'll play some BINGO and do some simple exercises to improve our functional fitness.

Aug. 5 10:30 a.m. – "Nutrition Facts vs. Myths" presentation by Devin Mueller, Aging Partners Nutrition. Devin will help set the record straight on many different myths and scientifically backed information on nutrition!

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



Aug. 7 10 a.m. – Grateful Growers flower arrangements; the Grateful Growers will bring the bounty of their gardens! There will be buckets and buckets of flowers for you to arrange, as well as an opportunity to help make arrangements for hospice patients. Donations of old vases welcome!



Aug. 11 10 a.m. – Bingocize®

- ▶ 9:30 to 11 a.m. – Hooked on Yarn Group. This group is meant for knitters, crocheters, embroiderers, latchhook-ists and any other type of needlework you might do to pass the time. Bring a project, start a new one, learn something new or just come to socialize.

Aug. 12 10 a.m. – Handmade paper box craft; learn how to use a simple sheet of paper to make small boxes perfect for gifts and knickknacks.

Aug. 14 10 a.m. – August birthday party with music by Aunt Bunnie's Parlor; we'll celebrate this month's birthdays while listening to the bluegrass and folk music of Miss Katie Rae and Aunt Bunnie's Parlor!

Aug. 15 9 a.m. to 2 p.m. – Fix-It Friday. *(Please limit to bringing two items at a time.)*



Aug. 18 10 a.m. – "Signs and Treatment for Strokes" presentation by staff from ArchWell Health.

Aug. 19 10 a.m. – August trivia game

Aug. 21 10 a.m. – Bingocize®

Aug. 25 10 a.m. – Bingocize®

Aug. 26 10:30 a.m. – Painting demonstration by Garry DeFreece.

- ▶ Nutrition handout: Simply Squash

Aug. 28 10 a.m. – "US, Nebraska and Lincoln Flag Trivia" presentation by Eldonna Rayburn, Asher Point Independent Living of Lincoln.

Aug. 29 9 a.m. to 2 p.m. – Fix-It Friday. *(Please limit to bringing two items at a time.)*

Afternoon Activity Groups

Pitch, Pinochle, Bridge, Mahjong and Canasta

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

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.

Meal reservations, call by noon two business days in advance: 402-441-7157.

Kelle Brandt, manager

Monday through Friday

- 9 a.m. – Coffee social

Tuesday

- 10:15 a.m. – BINGO; Asher Point Retirement Living is this month's sponsor. *Thank you for your support!*
- 12:15 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before the trip.

Super Saver: Aug. 5 and 19

Walmart: Aug. 12 and 26

Friday

Fun Friday: we offer games and cards

Special Events Programs

- Aug. 4** 10:30 a.m. – Stretch class with Kelle
- Aug. 5** 1 to 2 p.m. – On the Move group exercise class
- Aug. 6** 10:30 a.m. – “Nutrition Facts vs. Myths: Setting the Record Straight” presentation by Devin Mueller, Aging Partners Nutrition
- Aug. 7** 10:30 a.m. – Bingocize®, this is our time to play BINGO and exercise. We help ourselves inside and out. The exercise will keep our range of motion, balance and strength improved. BINGO helps our funny bone.
 - 12:30 p.m. – Friends from the Bookmobile will be bringing in books that we have ordered and picking up our drop off books.
- Aug. 11** 10:30 a.m. – Bingocize®
- Aug. 12** 11:30 a.m. – Nutrition handout: Simply Squash
 - 1 to 2 p.m. – On the Move group exercise class
- Aug. 13** 10 a.m. – **Alzheimer's Association presents the “Human slot machine game.” This is a fun free game to learn more about Alzheimer's disease and the work of the Association.**
- Aug. 14** 10 a.m. – Enjoy the music of the Quarter Notes
 - 1 to 2 p.m. – On the Move group exercise class
- Aug. 18** 10 a.m. – Our friends from Echo Collective our

back! We will be involved in nature-type art and craft projects. It is always fun to see what we can make out of Mother Nature.

- Aug. 19** 1 to 2 p.m. – On the Move group exercise class
- Aug. 20** 10:30 a.m. – Enjoy the tunes of Ken Miller
- Aug. 21** 10 a.m. – The Grateful Growers are back and so are the beautiful flowers. Please come in to make arrangement to brighten your day someone you care about. If you have vases to donate, please bring them.
 - 12:30 p.m. – Our bookmobile buddies will be making a stop to collect books and to bring books you have ordered.
- Aug. 24** 1 to 2 p.m. – On the Move group exercise class
- Aug. 25** 10:30 a.m. – Native flute playing and it's history by Eldonna Rayburn, Asher Point Retirement Living. The history and meaning will give us a new awareness of the music.
- Aug. 26** 10 a.m. – Hidden objects in a picture
 - 1 to 2 p.m. – On the Move group exercise class
- Aug. 27** 10 a.m. – Enjoy the music of the Willow Creek Band
- Aug. 28** 10:30 a.m. – “Traffic Safety for Seniors” presentation by Tracy Burmeister, National Safety Advocate National Safety Council
 - 1 to 2 p.m. – On the Move group exercise class

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.**

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

Monte Peck, Rural Center Manager

**This month's BINGO prizes are
sponsored by ArchWell Health Lincoln!**

Tuesdays and Thursdays

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

Special Event Programs

Aug. 5 10:30 a.m. – Chair exercises

- ▶ 12:15 p.m. – Join us for an interesting dog-themed crafting experience.

Aug. 7 Birthday celebrations

- ▶ 10 a.m. – Nutrition handout: Simply Squash
- ▶ 10:30 a.m. – It's National Lighthouse Day; get ready for trivia with Monte! This time around, it's all about those cyclopean coastal candelabras.
- ▶ 12:15 p.m. – Abracadabra! Prepare to be amazed by the talented Magician Dragan.

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.**

Aug. 12 10:30 a.m. – It's National Vinyl Record Day; we're going to spin some classic LPs from Monte's record collection! Bring your favorites and we'll spin those too!

- ▶ 12:15 p.m. – After lunch, we'll watch a video about the history of vinyl records and how they're made.

Aug. 14 10 to 11 a.m. – The Grateful Growers are back weaving a web of care across our community by connecting people to plants and nature. Join us as they demonstrate gardening surprises and techniques.

- ▶ 10:30 a.m. – Enjoy live music with the talented Denise Howe
- ▶ 12:15 p.m. – "Nutrition Facts vs. Myths: Setting the Record Straight" presentation by Devin Mueller, Aging Partners Nutrition

Aug. 19 10:30 a.m. – Fly on down to the American Legion Hall for a movie, popcorn, and a secret savory snack celebrating our monthly movie mystery theme!

- ▶ 12:15 p.m. – The mystery continues after lunch with movie trivia.



Aug. 21 National Senior Citizens Day

- ▶ 10:30 a.m. – For National Spumoni Day; we'll watch a video on how this Italian sweet treat is made and then cool down with a delicious bowl after lunch.
- ▶ 12:15 p.m. – BINGO called by Jose Mena Vargas, ArchWell Health, Lincoln

Aug. 26 10:30 a.m. – If the weather permits, join us for a relaxing nature walk alongside the Little Nemaha River which runs adjacent to the American Legion Hall; cold refreshments after.

- ▶ 12:15 p.m. – Explore the great country of Egypt with another video edition of Armchair Travelers.

Aug. 28 10:30 a.m. – The Bennet Area Historical Society stops by for an educational glimpse into the past with donated antiquities, memorabilia and photographs.

- ▶ 12:15 p.m. – Enjoy live music with Hansen Airship



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
Monte Peck, Rural Center Manager

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
Monte Peck, Rural Center Manager

This month's BINGO prizes are sponsored by ArchWell Health, Lincoln!

Mondays

- 9 a.m. – Coffee social, games and cards

Special Event Programs

Mondays

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

Aug. 4 Birthday celebrations

- 10 a.m. – Nutritional Handout: Simply Squash
- 10:30 to 11:30 a.m. – Blood pressure checks by Lakeview Living staff
- 10:30 a.m. – Join us for an interesting dog-themed crafting experience!
- 12:15 p.m. – Enjoy the wild musical stylings of Chris Sayre.

Aug. 11 10:30 a.m. – Live music by Denise Howe

- 12:15 p.m. – “Nutrition Facts vs. Myths: Setting the Record Straight” presentation by Devin Mueller, Aging Partners Nutrition

Aug. 18 10:30 a.m. – It's National Fajita Day; get ready for trivia with Monte! This time around, it's all about Monte's favorite Tex-Mex cuisine!

- 12:15 p.m. – BINGO called by Jose Mena Vargas, ArchWell Health, Lincoln

Aug. 25 10 a.m. – Human slot machine game with staff from the Alzheimer's Association. Join us for a free fun game to learn more about Alzheimer's and the work of the AANC. On Sunday, Oct. 5, the Walk to End Alzheimer's will be held at our Victory Park location.



- 12:15 p.m. – Abracadabra! Prepare to be amazed by the talented Magician Dragan.

Wednesdays

- 9 a.m. – Senior Walking Warriors; join us for 30 minutes of walking.
- 9 a.m. to 1 p.m. – Start out your day with art books, games and puzzles.

Special Event Programs

Aug. 6 Birthday celebrations

- 10 a.m. – Nutrition handout: Simply Squash
- 10:30 a.m. – It's National Root Beer Float Day; get ready for trivia with Monte! This time around, it's all about the history of this flavorful frothy confection. Stick around after lunch to try one again for the first time.
- 12:15 p.m. – Abracadabra! Prepare to be amazed by the talented Magician Dragan.

Aug. 13 10:30 a.m. – Enjoy live music by Denise Howe.

- 12:15 p.m. – BINGO called by Jose Mena Vargas from ArchWell Health, Lincoln

Aug. 20 10:30 a.m. – “Nutrition Facts vs. Myths: Setting the Record Straight” presentation by Devin Mueller, Aging Partners Nutrition

- 12:15 p.m. – Enjoy live music by Hansen Airship

Aug. 27 10:30 a.m. – Join us for strength and balance training with Bryce Rolenc, Peak Performance

- 11 a.m. – Kirk Malzer, proprietor of Fat Boy Hickman's BBQ, stops by to talk about his local business, competitions and all things BBQ, including history and trivia. Maybe he'll bring samples.



We're looking for volunteers at our Bennet, Firth and Hickman Senior Centers to help serve food and participate in activities

Call manager Monte Peck at 402-416-7693.

AUGUST 2025 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Tilapia Wild rice Carrots Grapes Roll
4	5	6	7	8
Creamed chicken on a biscuit Brussels sprouts Fruit juice Gelatin	Broccoli chicken casserole Peas and carrots Roll Fresh fruit	Beef taco salad Refried beans Mixed fruit Berry fluff	Egg salad sandwich on croissant Chicken noodle soup Broccoli Fruit juice	Philly cheesesteak with green peppers Coleslaw Potato chips Mixed fruit
11	12	13	14	15
Swedish meatballs Mashed potatoes Corn Roll V8® juice Jell-O® cake	Half tuna salad sandwich Broccoli cheddar soup Cauliflower Blueberries	Chicken enchiladas Spanish rice Carrots Fresh fruit	Chipped beef over a biscuit Relish sticks with dip Fruit	Chicken bacon ranch pasta Asparagus Breadstick Applesauce Cookie
18	19	20	21	22
Deluxe grilled chicken sandwich Coleslaw Fruit salad	Hamburger on a bun Potato salad Baked beans Chips Cake	Tater tot casserole Beets Raisin bread Fresh fruit	Hot open-faced turkey sandwich Mashed potatoes with gravy Green beans Melon	Chicken salad on croissant Chicken and wild rice soup California vegetables Pineapple
25	26	27	28	29
Cod sandwich Potato salad Fresh fruit Cookie pudding cup	Sloppy joe on a bun Coleslaw Green beans Apple	BBQ beef brisket sandwich Pasta salad Peas and carrots Pears	Southwest cheeseburger Tater tots Lettuce salad Pears Fruit cobbler	Pork fritter Mashed potatoes with gravy Mixed vegetables Bread Tropical fruit

- Menus are subject to change.
- Meals include 1 percent milk and margarine or butter with bread items.
- *Low sodium alternative available (month of August is 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.