



Aging Partners Day Trip

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.



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

Music sponsored by:

**Butherus,
Maser
& Love**
Funeral Home

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

Call 402-441-7158.

Reservations/payments due Sept. 2.

Reservations accepted through 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.



Join the Fight Against Alzheimer's



Join us at 11 a.m. Sunday, Oct. 5 at Victory Park for the Walk to End Alzheimer's! Free registration and fun for all ages – *come walk with us!*

Over 35,000 Nebraskans are living with Alzheimer's, with many more impacted as caregivers and loved ones. The Alzheimer's Association offers free resources to support everyone affected:

- 24/7 Helpline – Call 800-272-3900 anytime for confidential support.
- alz.org – Find local programs, services, and educational tools.
- Community programs – Nearly 100 sessions and 15 support groups across Nebraska; available in-person, online and on-demand.



Introductory **BikeLNK** Bike Share Class

Hosted by: Aging Partners Health and Fitness

Introductory BikeLNK Bike Share Class

21st and "Q" streets

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 Jayne Snyder Trail Center, 228 N. 21st St. 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 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.



Free Digital Literacy Events

Victory Park Center
600 S. 70th St., Bldg. 2
Dining Room

To register, call 402-441-7158.



Ryan Sothan

Digital literacy has become essential in today's connected world. Starting in September, Aging Partners along with the assistance of University of Nebraska—Lincoln students, will offer assistance with smartphones, iPads and laptops. This is informal one-on-one personalized instruction at the older adult's pace.

- Tuesday, Sept. 16 from 3 to 4:30 p.m.
"The Digital Divide" with Ryan Sothan, Outreach Coordinator, Nebraska Attorney General's Office

Register for these additional upcoming one-on-one sessions with UNL students:

- Tuesday, Sept. 23 from 3:30 to 5 p.m.
- Wednesday, Oct. 15 from 3:30 to 5 p.m.
- Wednesday, Nov. 12 from 3:30 to 5 p.m.





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 Dr. Josue Gutierrez, Lancaster Family Medicine. *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.

Walmart: Sept. 5 and 19

Super Saver: Sept. 12 and 26

Special Event Programs

- Sept. 1** *Aging Partners offices and all senior centers are closed in observance of Labor Day.*
- Sept. 4** 10 a.m. – “Understanding Hypertension: Know Your Numbers” presentation with Sue Ann Henning, Angels Care Home Health
- Sept. 5** 10 a.m. – Lincoln musician Chris Sayre performs a variety of traditional and contemporary folk music.
- Sept. 8** 10 a.m. – Human slot machine game with the Alzheimer’s Association. Join us for a fun, free game and learn more about Alzheimer’s disease and the work of the Alzheimer’s Association (see page one for details on the upcoming Walk to End Alzheimer’s).
- Sept. 9** 10:45 a.m. – Simply Fit: A gentle, 30-minute video exercise class accommodating for all fitness levels.
- Sept. 11** 10 a.m. – The Grateful Growers bring buckets of

beautiful blooms from their flower gardens for you to make your own bouquet! *Donations of vases welcome.*

- Sept. 12** 10 a.m. – Wits Workout; join us for this engaging program of interactive puzzles and games to improve your brain health.
- Sept. 15** 10 a.m. – **Session 1:** Fit for Fun BINGO; we’re kicking off a 10-week session of BINGO paired with simple exercises to improve balance and prevent falls, as well as improve range of motion, muscle strength and cardio-respiratory endurance!
- Sept. 16** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber
- ▶ Nutrition handout: Eating Safe After a Power Outage “September is National Preparedness Month”
- Sept. 18** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge of the events and traditions of the month of September
- Sept. 22** 10 a.m. – **Session 2:** Fit for Fun BINGO
- Sept. 23** 10:45 a.m. – Simply Fit video exercise class
- Sept. 25** 10:45 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month
- Sept. 29** 10 a.m. – **Session 3:** Fit for Fun BINGO

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



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; Sept. 1, 8 and 15
- ▶ 10 a.m. – Sit and Be Fit DVD; Sept. 22 and 29

Tuesdays

- ▶ 9 a.m. – Card club
- ▶ 10 a.m. – Bingocize®; Sept. 2, 9 and 16
- ▶ 10 a.m. – Fit for Fun BINGO; Sept. 23 and 30

Wednesdays

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

Thursdays

- ▶ 9 a.m. – Card club

Fresh Popcorn Fridays

- ▶ 9 a.m. – Card club
- ▶ 10 a.m. – Live music



Jimmy Mack
Sept. 5

Rick Clarence
Sept. 19

Special Event Programs

- Sept. 1** Aging Partners offices and all senior centers are closed in observance of Labor Day.
- Sept. 2** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ 11 a.m. – Labor Day word scramble and word game
- Sept. 4** 10 a.m. – The Grateful Growers will bring the bounty of their gardens! There will be buckets of flowers for you to arrange, as well as help create arrangements for hospice patients. Donations of old vases welcome!
- Sept. 7** Full Moon – Corn Moon; traditionally marks the time for harvesting corn. A total lunar eclipse will occur during this full moon



GO BIG RED

Show your support!

Wear **RED** in September, especially on Sept. 5, 12, 16, 24 and 26!

- Sept. 8** 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required by calling 402-441-7151. (\$25 suggested contribution).
- Sept. 9** 10:30 a.m. – Person, place or thing game
- Sept. 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 individuals to sign up that day).
 - ▶ Patriotic Day – Wear your RED, WHITE and BLUE! Fly flags at half-staff.
- Sept. 12** 10 a.m. – Paratransit; come learn how to use this StarTran service and take a tour of a paratransit bus. Attendees will receive a free 31-day bus pass. Class size is limited to 25. To register, call Ciji Mays at 402-441-7151.
- Sept. 16** 10 a.m. – The Free Writers Club
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ Nutrition handout: Eating Safe After a Power Outage. September is National Preparedness Month
- Sept. 18** 9:30 a.m. – AARP meeting with Janice Crewdson.
 - ▶ 11 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month
- Sept. 23** 10:30 a.m. – This was the year: 2000!
- Sept. 25** 10:30 a.m. – “Medicare BINGO” with Colleen Ozanne, SHIP
- Sept. 26** 10 a.m. – “HazToGo” presentation by Environmental Health Educator Lincoln’s Hazardous Waste Center. Presentation will be given by Sarah L. Mason.
- Sept. 29** 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!
- Sept. 30** 10 a.m. – The Free Writers Club

Community Activities and Services

SEPTEMBER 2025

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 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.
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.
Sept. 10 through Nov. 26
Jan. 7, 2026 through May 13

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.
Sept. 9 through Dec. 16 (no class Nov. 4 and 11)
Jan. 6, 2026 through May 19
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
Sept. 18 through Nov. 20 (no class Oct. 9)
Jan. 8, 2026 through May 7 (no class March 19 and April 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. 22 (no class Sept. 1)

Oct. 13 through Dec. 10

Jan. 5, 2026 through March 11 (no class Jan. 19 and Feb. 16)

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

SEPTEMBER 2025

StrongBodies Strength Training Program

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

Tuesdays and Thursdays

Nov. 18 through Feb. 17, 2025 (no class Nov. 27, Dec. 25 and Jan. 1)

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

Nov. 18 through Feb. 3, 2026 (no class Nov. 27, Dec. 25 and Jan. 1)

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

Grace Lutheran Church, 2225 Washington St.

Tuesdays and Thursdays, 1 to 2 p.m.

July 8 through Sept. 25

Jan. 6, 2026 through April 12 (no class March 10 and 12)

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, Sept. 9 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; Asher Point Independent Living of Lincoln is this month's prize sponsor. *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 suggest trip contribution.

Walmart: Sept. 3 and 10

HyVee: Sept. 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

- Sept. 1** *Aging Partners offices and all senior centers are closed in observance of Labor Day.*
- Sept. 2** 10 a.m. – “Adapting to the Road Ahead: Aging and Driving Safely” presentation by Tracy Burmeister, National Safety Council.
- Sept. 3** 3 to 4 p.m. – Hometown Fresh Produce Truck in the new VA Clinic parking lot, 420 Victory Park Drive
- Sept. 4** 10:30 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month
- Sept. 8** 10 a.m. – Music BINGO with Elliott Piper
- ▶ 9:30 to 11 a.m. – Hooked on Yarn Group; bring a yarn or sewing project, start a new one, learn something new or just come to socialize.
- Sept. 9** 10 a.m. – Bingocize®
- Sept. 10** 9:45 a.m. – Commodities provided by the Food Bank of Lincoln. Pre-registration is required by calling the Food Bank of Lincoln at 402-819-6898.

- ▶ 2 to 3 p.m. – StarTran Paratransit training; this 60-minute class will explain how the Handi-van system works and if it can assist you. At the end of the training, participants will also receive a free 31-day bus pass so they can put their newly learned skills to use. Limit of 15 participants. Call Ben for more information.

Sept. 11 10 a.m. – September birthday party with music by Jimmy Mack

Sept. 12 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.

Sept. 15 10 a.m. – “Fall Prevention” presentation by Gateway Vista Therapy team

Sept. 16 10 a.m. – Bingocize®

Sept. 17 9:30 a.m. to 1:30 p.m. – Fall Prevention Awareness Fair; in partnership with Bryan Health. We're holding a fair to help discover how to stay active, independent and safe in your own home and community. Multiple booths, resources and balance screenings will be available.

Sept. 18 10 a.m. – Human slot machine game and information about the Walk to End Alzheimer's

Sept. 19 10 a.m. to 2 p.m. – AARP Smart Driver Course; Aging Partners Classroom. Register by calling Ben Middendorf at 402-441-7154. \$25 fee payable by cash or check on date of event. \$20 for AARP members.

Sept. 22 10 a.m. – “Depression in Older Adults” presented by Sue Ann Henning, Angels Care Home Health

Sept. 23 10 a.m. – Wii Bowling is back!

Sept. 25 9:30 a.m. – Nail and yarn pumpkin art piece; we'll use a square block of wood, nails and colored yarn to make a distinctive autumn art piece.

Sept. 26 9 a.m. to 2 p.m. – Fix-it Friday

Sept. 29 10 a.m. – September trivia

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

- ▶ Nutrition handout: Eating Safe After a Power Outage. September is National Preparedness Month

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
- 12:30 p.m. – Shopping assistance; call your center manager to reserve a seat by noon the Monday before the trip.

Super Saver: Sept. 2, 16 and 30

Walmart: Sept. 9 and 23

Fridays

- Fun Friday: we offer games and cards

Special Event Programs

Sept. 1 *Aging Partners offices and all senior centers are closed in observance of Labor Day.*

Sept. 2 10 a.m. – Labor Day in America facts and history
► 1 p.m. – On the Move group exercise class

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.**

- Sept. 3** 10:30 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month
- 10:30 a.m. to noon – Blood pressure checks by Bryan nursing students Jennifer and Emma
 - 11:15 a.m. – Advance care planning by Bryan nursing students
- Sept. 4** 10:30 a.m. – Bingocize®, it's time to play BINGO and exercise – join in!
- 12:30 p.m. – Library books are here.
 - 1 p.m. – On the Move group exercise class
- Sept. 8** 10 a.m. – StarTran Paratransit training. This 60-minute class will explain how the Handi-van system works and if it can assist you. Call Kelle for more information.
- Sept. 9** 10 a.m. – Search for objects in a picture
- 1 p.m. – On the Move group exercise class
- Sept. 10** 10 a.m. – September is Healthy Aging Month. What are the positive aspects of aging? How do we stay healthy in mind, body, and spirit? Are there really secrets to that fountain of youth? Is chocolate the answer? (...*thought that would get your attention!*)
- Sept. 11** 10 a.m. – Enjoy the music of the Quarter Notes.
- 1 p.m. – On the Move group exercise class
- Sept. 15** 10 a.m. – The ECHO Collective; we will be using nature as our guide to make a marvelous item to hang up or wear.
- Sept. 16** 1 p.m. – On the Move group exercise class
- Sept. 17** 10:30 a.m. – Music BINGO with Elliott Piper
- Sept. 18** 10 a.m. – The Grateful Growers are here to brighten our day with their beautiful flowers. Join us and make a bouquet.
- 12:30 p.m. – Library books are here
- Sept. 22** Autumn begins today. So many changes to look forward to.
- 10:30 a.m. – Fit for Fun BINGO
- Sept. 24** 10 a.m. – Enjoy the music of Willow Creek Band.
- 10:30 a.m. to noon – Blood pressure checks by Bryan nursing students Mkena and Allison
 - 11:15 a.m. – “Shingles: What Do I Need to Know” presentation by Bryan nursing students Mkena and Allison
- Sept. 25** 10:30 a.m. – Stretch and tone with Kelle
- Sept. 29** Nutrition handout: Eating Safe After a Power Outage September is National Preparedness Month

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 CenterWell Home Health, Lincoln!**

Tuesdays and Thursdays

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

Special Event Programs

- Sept. 2** 10:30 a.m. – Chair exercises
- ▶ 12:15 p.m. – Sing-along to your favorite “one hit wonder” songs from the ‘50s and ‘60s. These artists may have only had one hit, but it was a BIG one!

- Sept. 4** Birthday celebrations
- ▶ Nutrition handout: Eating Safe After a Power Outage “September is National Preparedness Month”

- ▶ 10 a.m. – Human slot machine game with the Alzheimer's Association

- ▶ 12:15 p.m. – Enjoy the music of Mike Semrad.

- Sept. 9** 10:30 a.m. – March on down to the American Legion Hall for a movie, popcorn and a secret insect inspired snack celebrating our monthly movie mystery theme!

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

- Sept. 11** 10:30 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition.

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**

September is National Food Safety Education Month

- ▶ 12:15 p.m. – BINGO called by Brianna Henry, CenterWell Home Health, Lincoln

- Sept. 16** 10:30 a.m. – Celebrate 60 years of Play Dough by creating your favorite animals with the popular modeling clay!

- ▶ 12:15 p.m. – Community Connections: Tailored Life; a Bennet staple that's known for offering bespoke items and stylish decor as well as top-notch plants and gardening supplies, brings their story and their vision for artful living to our center.

- Sept. 18** 10:30 a.m. – It's National Cheeseburger Day; get ready for trivia with Monte. This time around, it's all about a real American classic – the cheeseburger!

- ▶ 12:15 p.m. – Enjoy the enchanting and mystical flute stylings of Eldonna Rayburn.

- Sept. 23** 10:30 a.m. – Test your geographical knowledge with a fun states and capitals game

- ▶ 12:15 p.m. – Community Connections; Julie Monfelt, proprietor of Bee Bum in Beatrice, tells us about how a little hobby and a love of bees has blossomed into a thriving business that produces honey as well as several beeswax products. Maybe she'll bring samples.

- Sept. 25** 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution). To schedule an appointment, call Monte at 402-416-7693.

- ▶ 10:30 a.m. – Travel the world with another video edition of Armchair Travelers. This time we're visiting the Aloha State, Hawaii!

- ▶ 12:15 p.m. – Colleen Ozanne from Nebraska SHIP joins us to discuss Medicare open enrollment. Medicare open enrollment happens every fall between October 15 and December 7. During this time, people who are already on Medicare can make changes to their coverage, but it can be very complicated and confusing. Colleen will explain how it affects you, why you should care, and then conduct a fun Medicare BINGO game.

- Sept. 30** *Our center is closed due to repairs at the American Legion Hall. If you'd like to attend our Victory Park location on this day, please sign up with Monte in advance. Transportation to and from Victory Park will be provided.*

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

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

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

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

Sept. 3 Birthday celebrations

- ▶ 10 a.m. – Nutrition handout: Eating Safe After a Power Outage. September is National Preparedness Month
- ▶ 10 a.m. – Human slot machine game with the Alzheimer's Association
- ▶ 12:15 p.m. – To celebrate National Bowling League Day, we'll explore the history of bowling then enjoy a mini bowling game right at your table.

- Sept. 10** 10:30 a.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month
- ▶ 12:15 p.m. – Enjoy the music of Mike Semrad.

- Sept. 17** 10:30 a.m. – "Our Growing Need for Affordable and Accessible Statewide Network" presentation by Oliver Borchers-Williams, Southeast Nebraska Development District.
- ▶ 12:15 p.m. – BINGO called by Brianna Henry, CenterWell Home Health, Lincoln

- Sept. 24** 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution). For an appointment, call Monte at 402-416-7693.
- ▶ 10:30 a.m. – Strength and balance training with Bryce Rolenc, Peak Performance
 - ▶ 10:30 a.m. – Pair off into teams for a group word search activity
 - ▶ 12:15 p.m. – Enjoy the enchanting and mystical flute stylings of Eldonna Rayburn.

Mondays

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

Special Event Programs

- Sept. 1** *Aging Partners offices and all senior centers are closed in observance of Labor Day.*

Sept. 8 Birthday celebrations

- ▶ 10 a.m. – Nutrition handout: Eating Safe After a Power Outage "September is National Preparedness Month"
- ▶ 10:30 to 11:30 a.m. – Blood pressure checks by Lakeview Living staff
- ▶ 10:30 a.m. – Join us for a Grandma Moses Day craft/painting experience.
- ▶ 12:15 p.m. – Food Safety and You BINGO by Devin Mueller, Aging Partners Nutrition. September is National Food Safety Education Month

- Sept. 15** 10:30 a.m. – Chair exercises
- ▶ 12:15 p.m. – Flute performance by Eldonna Rayburn, Asher Point Independent Living.

- Sept. 22** 10:30 a.m. – Enjoy the music of Mike Semrad.
- ▶ 12:15 p.m. – BINGO; called by Brianna Henry, CenterWell Home Health, Lincoln

- Sept. 29** 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution). To schedule an appointment, call Monte at 402-416-7693.
- ▶ 10:30 a.m. – It's National Coffee Day; get ready for trivia with Monte! This month it's all about a favorite morning beverage, coffee.
 - ▶ 12:15 p.m. – "Medicare Open Enrollment" presentation by Colleen Ozanne, SHIP (Open enrollment is Oct. 15 through Dec. 7). Colleen will explain how it affects you, why you should care, and then conduct a fun Medicare BINGO game.

SEPTEMBER 2025 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<i>Aging Partners offices and all senior centers are closed Labor Day.</i>	Pork tacos with lettuce, tomato and cheese Refried beans Pineapple	Chicken on a biscuit with cheese French fries Broccoli Pears	French dip sandwich Chips Coleslaw Mixed fruit	Seafood chowder Crackers Corn Green grapes
8	9	10	11	12
Sloppy joes Potato salad Spinach and lettuce salad Chips	Turkey and cheese on croissant Chicken and wild rice soup Raw vegetables Cherries	Lemon pepper tilapia Hushpuppies Three bean salad Fresh fruit	Beef stew Cornbread Peas Apricots Cake	Chicken alfredo Breadstick Broccoli Applesauce
15	16	17	18	19
Turkey slice with gravy Redskin mashed potatoes Brussels sprouts Roll	Meatball stroganoff Peas Fruit Roll	Sweet and sour pork Rice Oriental vegetables Egg roll Peaches Fortune cookie	Salisbury steak Baby baker potatoes Green beans Texas toast	Chicken pot pie Mixed vegetables Raisin bread Mixed fruit
22	23	24	25	26
Cod sandwich with lettuce and tomato Coleslaw Fruit Cookie	Country fried steak Mashed potatoes with gravy Corn Blueberries Roll	Half roast beef sandwich Potato soup Pickled beets Pineapple	Mexican chicken casserole Corn chips Spinach salad with nuts Orange	Beef tips Sweet potatoes Sliced bread Diced apples
29	30			
BBQ pork sandwich Tater tots Baked beans Grapes	Chicken fajita with shredded lettuce and tomato, sour cream, salsa Spanish rice Fruit juice			

- Menus are subject to change.
- Meals include 1 percent milk and margarine or butter with bread items.
- 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.