

AGING PARTNERS MY CENTER NEWS

APRIL 2024



Dinner and Show

Auld Pavilion, 1650 Memorial Drive
5:30 to 7 p.m. (Doors open at 5 p.m.)
\$10 entertainment fee
\$5 suggested meal contribution (paid at event)
\$5 round-trip van transportation fee within Lincoln

(A big thank you to Butherus Maser & Love Funeral Home for their continuous support of Dinner and Show events! Catered by Hy-Vee)

• Nebraska Jazz Septet – Thurs., May 2



With blazing horns and a swinging rhythm section, the Nebraska Jazz Septet performs repertoire from across the jazz tradition including music from the swing era.

Menu: Meatloaf, oven-roasted potatoes, glazed baby carrots, chocolate cupcake, milk, coffee and water

Reservation/payment deadline: Wed., April 24

• Emily Bass and the Near Miracle Thurs., June 13



Emily Bass and The Near Miracle perform primarily original music, drawing

influence from The Staple Singers to Carole King to Radiohead and the Pixies.

The group is known for dynamic performances and live energy and would love nothing more than to make their audience move!

Menu: Herb-roasted pork loin, rice, fresh fruit, buttered corn, lemon pie, milk, coffee and water

Reservation/payment deadline: Wed., June 5

• The Toasted Ponies – Thurs., July 11



The Toasted Ponies are an award-winning bluegrass band featuring red-hot instrumentals and beautiful harmony vocals. Try catching a Ponies show without tapping your toes—it can't be done!

Menu: Oven-roasted turkey with gravy, stuffing, seasoned green beans, fresh fruit, brownie, milk, coffee and water

Reservation/payment deadline: Wed., July 3

• Nebraska Vocal Jazz Project – Thurs., Aug. 8

Comprised of a composer, a marketer, a space lawyer and two teachers, NVJP aims to bring vocal jazz to Nebraska in a new light and explore the possibilities of a modern vocal jazz ensemble.

Reservation/payment deadline: Wed., July 31

• Hillbilly Deluxe Band – Thurs., Sept. 12

Singing and playing country music, blues, and old rock and roll.

Reservation/payment deadline: Wed., Sept. 4

Please mail all event payments to:

Aging Partners,
600 S. 70th St., Bldg. 2
Lincoln, NE 68510-2451

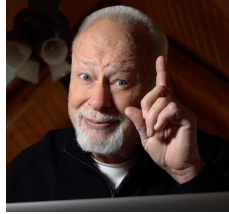
Questions about Aging Partners activities? Call 402-441-7158.

2024 Nebraska History Lunch

Gere Branch Library, 2400 S. 56th St.
\$5 fee for sack lunch
Noon to 1:30 p.m.

- **All Hell Can't Stop Us, presented by Joel Geyer – Tuesday, May 21**

Before the United States entered WWII, more than a dozen Nebraska boys from Beatrice signed up for the National Guard knowing that small town enlistments were often kept together in one company. Little did they know they would be called up for active duty and lose more than 50% of their friends in their first battle in France.



- **The Japanese/Japanese American-Nebraska Experience during WWII, presented by Vickie Sakurada Schaepler – Tuesday, June 18**

Hear the impact of war on the lives of Japanese immigrants and their families, including those who served with distinction during WWII. Learn how Nebraskans brought Japanese/Japanese Americans out of the incarceration camps and their impact in Nebraska.



- **Nebraska POW Camps, presented by Melissa Amateis – Tuesday, July 16**

During World War II, thousands of Axis prisoners of war were held throughout Nebraska. Drawing on first-person accounts from soldiers, former POWs and Nebraska residents, as well as archival research, Melissa Amateis delves into the neglected history of Nebraska's POW camps.



- **Andrew Jackson Higgins and the Boats That Won the War, presented by Gerald D. "Jerry" Meyer – Tuesday, Aug. 20**

Andrew Jackson Higgins was born in Columbus and served in the Nebraska National Guard. His boats were credited with helping the allies win World War II.



- **The North Platte Canteen, presented by Annie Mumgaard – Tuesday, Sept 17**

The World War II North Platte Canteen which made history when residents of 125 communities from across the state greeted millions of soldiers over a nearly five-year period, as their trains made a ten-minute stop at the North Platte depot. Canteen workers provided sandwiches, cakes, cookies, hard-boiled eggs, doughnuts, beverages, cigarettes and magazines—never once running out of provisions in its years of operation.



2024 Day Trips

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

- **Thursday, June 27**

SOLD OUT

The Abilene and Smokey Valley Railroad
Cost: \$60 per person

- **Thursday, July 25**

Joslyn Castle and Gardens
Cost: \$65 per person
Reservation/payment
deadline: noon Wed., July 10.



- **Thursday, Aug. 29**

SOLD OUT

Spirit of Brownville and Museum of Firefighting
Cost: \$80

- **Thursday, Sept. 26**

Henry Doorly Zoo
Cost: \$60 per person
Reservation/payment deadline:
noon Wed., Sept. 11.



Call 402-441-7158 for reservations.

Please mail all event payments to:

Aging Partners,
600 S. 70th St., Bldg. 2
Lincoln, NE 68510-2451

Share Your Voice! Take the Age-Friendly Community Survey

A new initiative to make Lincoln an Age-Friendly Community

The City of Lincoln invites residents of Lancaster County to participate in an Age-Friendly Community Survey at AARP.org/NE. This survey is a vital tool to understand and address the specific needs and wants of our community. It's a great opportunity for residents age 45 and over to contribute to shaping an Age-Friendly Lincoln. Take part in this important survey and add your voice to the future of Lincoln.



Take the survey!

CITY OF
LINCOLN
NEBRASKA



Age-Friendly Communities
Are Livable for
People of All Ages
aarp.org/livable

Belmont Center

Belmont Recreation Center

1234 Judson St., Lincoln, NE 68521

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

Lunch served: 11:30 a.m.

For meal reservations, call 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, treadmills, weight rack and other fitness equipment.

Tuesdays

- ▶ 11 a.m. – Simply Fit: a gentle 30-minute video exercise class

Wednesdays

- ▶ 10:30 a.m. – BINGO; great fun and fabulous prizes! Wyuka Cemetery is our prize sponsor this month. Thank you for your generous support!

Fridays

- ▶ 9 a.m. – Card playing; Pitch is our biggest competition. We also play Skip-Bo, UNO, Phase 10 and other games. Come join us!


AGING PARTNERS Belmont Center
Shopping Trips

After lunch we will load up on the van and go shopping.

Walmart: April 5 and 19
Super Saver: April 12 and 26

Van leaves the center at 12:30 p.m.
Suggested trip contribution: \$4

Reserve a spot by noon the Monday before shopping.



Special Event Programs

April 3 10 a.m. – “Prearranging Your Final Wishes” presentation by Judy Peters, Wyuka Cemetery

April 4 10 a.m. – Senior Buddy project: Goodrich Middle School students join us for BINGO!



- ▶ 10:45 a.m. (new time) – Chair yoga with certified yoga instructor Cheri Bieber. A gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.

April 8 10:30 a.m. – White Board Trivia Challenge; test your knowledge and learn more about holidays and events in the month of April.

April 9 10 a.m. – Native American Flute concert with Eldonna Rayburn. Join us for music and storytelling from the great plains and around the world.

April 11 10 a.m. – “Stop Suffering from Allergies and Asthma” presentation by Sue Ann Henning, Angel Care Home Health

- ▶ 10:30 a.m. – “Living Well with Hearing Loss” presentation and blood pressure clinic by Bryan nursing students.

April 12 10:30 a.m. – “Signs of Myocardial Infarction” presentation and blood pressure clinic by Bryan nursing students.

April 15 11:45 a.m. – “Dementia and Caregiving: Understanding How to Care for Your Loved One and Preparing for What Comes Next in Your Journey” presentation by Karla Frese, Home Care Partners/Alzheimer’s Association Community Educator

April 16 Nutrition handout: Springtime Fruits and Vegetables

April 18 10 a.m. – Senior Buddy project: Goodrich Middle School students join us for an Earth Day craft!

- ▶ 10:45 a.m. (new time) – Chair yoga with certified yoga instructor Cheri Bieber

April 22 Celebrate April birthdays with cake and conversation!

April 25 10:30 a.m. – COVID-19 presentation and blood pressure clinic by Bryan nursing students.

- ▶ 11 a.m. – “National Cancer Control Month” presentation by Devin Mueller, Aging Partners

April 26 10:30 a.m. – “Recognizing Elder Abuse and Neglect” presentation and blood pressure clinic by Bryan nursing students.

April 30 10 a.m. – May Day baskets with the preschoolers from Belmont Community Center

Northeast 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 two business days in advance: 402-441-7151.

Ciji Mays, manager

Mondays through Fridays

- ▶ 9 a.m. to 1 p.m. – Coffee social; computer lab, lending library, TV and card tables

Mondays

- ▶ 10 a.m. – Sit and Be Fit exercise class

Tuesdays

- ▶ 9:30 a.m. – Card club
- ▶ 11:15 a.m. – Pianist Jim Bauer performs for your listening enjoyment.

Wednesdays

- ▶ 10 a.m. – BINGO; HoriSun Hospice is our prize sponsor this month. *Thank you!*

Fridays

- ▶ 9:30 a.m. – Card Club
- ▶ 10 to 11 a.m. – Live music
 - April 5: Bill and Patti Show
 - April 19: Brian Gerkenmeyer



Special Event Programs

- April 1** 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. You don't have to be a professional; just enjoy music and fellowship with friends.
- April 2** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out. If you are feeling creative join in.
- April 4** 10 a.m. – Beginners line dance class led by Rose. Meet Rose in the computer room for this easy, fun class.
- April 8** 9 to 11:30 a.m. – Aging Partners foot care clinic. Call 402-441-7151 to make an appointment (\$20 suggested contribution).
- April 9** 10 a.m. – Seasonal craft time with Rose
 - ▶ 10 a.m. – Blood pressure clinic

- April 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).

- April 12** 10 a.m. – Movie and popcorn

- April 16** 10 a.m. – The Free Writers Club
 - ▶ Nutritional handout: Springtime Fruits and Vegetables

- April 18** 9:30 a.m. – AARP meeting with Janice Crewdson.
 - ▶ 11 a.m. – “National Cancer Control Month” presentation by Devin Mueller. Learn how proper nutrition can help control your cancer odds.

- April 23** 9 to 11 a.m. – Barbara’s Sewing Corner; bring in one clothing item that needs repair, a tuck, button or hem. Barbara will sew for you right here at the center free of charge!

- April 25** 10:30 a.m. – “Alzheimer’s Disease” presentation by Michelle Berry, Community Healthcare Partners

- April 26** 9 a.m. – Priscilla the Comfort Dog visits.
 - ▶ 10 a.m. – Movie and popcorn

- April 30** 10 a.m. – Humanities Nebraska Program: “Promise in a New Land: Migrating and Settling in Nebraska” Humanities Nebraska presentation by Cherrie Beam-Callaway, who performs this first-person Chautauqua-style presentation. Through a spellbinding rendition, viewers are transported in time to sail the ocean, ride the wagon trail, feel the loneliness, and fight prairie fires. Laugh and cry with stories of successful crops, dancing, hard work, grasshoppers, losing loved ones and becoming an American.

- ▶ 10 a.m. – The Free Writers Club



Washington Street 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.
Kelle Brandt, manager

Monday through Friday

► 9 a.m. – Coffee social!

Mondays

► 9 a.m. – Cards, dominoes, games and fun

Tuesdays

► 10:15 a.m. – BINGO; The Lexington is this month's BINGO prize sponsor. *Thank you!*

AGING PARTNERS Washington Street Center Shopping Trips

At 12:15 p.m. we'll load up on the van and go shopping.

Walmart: April 2, 16 and 30

Super Saver: April 9 and 23

Van leaves the center at 12:30 p.m.

Suggested trip contribution: \$4

Reserve a spot by noon the Monday before shopping.



Thursdays

► 10:45 a.m. – Stretching exercises with Kelle; we would love to have you join us!

Fridays

► Game day; relax and play some of your favorite games.

Special Program Events

April 1 The church building is closed today which means the senior center is closed. If you would like to attend the Victory Park or the Northeast Centers, please call Kelle and she will make arrangements for you.

April 2 10:30 a.m. – Priscilla the Comfort Dog visits

April 3 10:30 a.m. – “National Cancer Control Month” presentation by Devin Mueller, Aging Partners

**CLOSED
TODAY**

April 8 10:15 a.m. – BINGO; make sure you pick out the lucky cards.

April 9 10 a.m. – The Grateful Growers will be here. What wonderful finds in nature will they expose us to today? Always a treat and adventure when they are here.

April 10 10:30 a.m. – “Lincoln City Mission; What Does it Do?” presentation by Community Relations Director Michelle Dakan.

April 11 10 a.m. – Enjoy the music of the Quarter Notes!

April 15 10:30 a.m. – Tax Day! How did it start? What are some of the greatest and silliest taxes? Presentation by Center Manager Kelle Brandt.



April 17 10:30 a.m. – Enjoy the music of Dos Markos

April 18 10:30 a.m. – Table hockey

April 22 10:30 a.m. – Hidden picture puzzle

April 23 10 a.m. – “Fraud Alert” presentation by Ryan Sothan, Nebraska Attorney General's office. Bring your questions.

April 24 10 a.m. – Enjoy the music and humor of Patti, Bill and friends.

April 29 10:30 a.m. – Nutrition Handout: Springtime Fruits and Vegetables

AGING PARTNERS

Personal and Family Services

Helping adults age 60 and over remain independent and in their homes is the central purpose of this program.

We work with all the human service providers in an eight-county area of Butler, Fillmore, Lancaster, Polk, Saunders, Seward and York.



**If you are looking for assistance,
call 402-441-7070 today!**

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)
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
April 4, 11, 18 and 25
- **Antelope Park Enclosed Shelter, Veterans Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
May 2, 9 16, 23 and 30

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)
Fridays, 9:30 to 10:30 a.m.
April 12 to June 28

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.

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.

Victory Park Center

600 S. 70th St., Lincoln, NE 68510
Dining room open: Monday-Friday, 9 a.m.-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

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; prizes sponsored this month by Capital View Tower Apartments! *Thank you!*

AGING PARTNERS Victory Park Center Shopping Trips

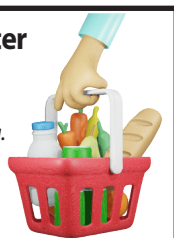
After lunch we will load up on the van and go shopping.

Walmart: April 3 and 10

HyVee: April 17 and 24

Van leaves the center at 12:30 p.m.
Suggested trip contribution: \$4

Reserve a spot by noon the Monday before shopping.



Fridays

- ▶ 9:45 to 10:30 a.m. – Introduction to Spanish led by volunteer Oria Marrero
- ▶ 10 a.m. – Popcorn and a good movie

Special Event Programs

- April 1** 10:30 a.m. – “Fall Prevention Tools” presentation with Ann Heydt, Aging Partners Health and Fitness. Falls are the leading cause of hospital visits for older adults. Learn about common hazards, ways to improve our confidence and what we can do to eliminate falls.
- April 2** 10 a.m. – Music BINGO with Elliott Piper
- April 4** 10 a.m. – We’ll celebrate our April birthdays while listening to blues musician CA Waller. An award-winning singer and instrumentalist, Waller has been singing the blues for over 40 years!
- April 8** 10 a.m. – Wii Bowling



- April 9** 10 a.m. – Humanities Nebraska Program: Lincoln’s Diverse Past by Ed Zimmer; an illustrated survey focusing on some of the ethnic and religious groups who settled early in our state’s capital city—a vibrant African American community, thousands of Germans from Russia, early settlers from Mexico and others. Architectural historian Ed Zimmer uses historic photographs, cemetery records, existing buildings and other sources to offer a visible heritage of these Lincolnites.
- April 11** 10:30 a.m. – “National Cancer Control Month” presentation with Devin Mueller, Aging Partners. Learn how proper nutrition can help control your cancer odds; it might just be your best ally.
- April 15** 10 a.m. to 2 p.m. – “Homestead Tax Exemption” presentation and sign-up assistance; Lancaster County Assessor/Register of Deeds Dan Nolte and his staff will speak on the Nebraska Homestead Tax Exemption Program, a tax relief program for qualifying homeowners including those over 65, veterans/spouses, and those with physical and developmental disabilities. Staff will also be available to assist homeowners with the application process after the presentation. Those interested in applying onsite should bring a copy of their 2023 income tax return or, for those not required to file a tax return, a list of their 2023 income from such sources as social security, pensions/annuities, 1099s, interest, etc. Applicants should also bring a list of out-of-pocket medical/dental expenses.
- April 16** 10 a.m. – Sharpen Your Senses Reminiscing Group
- April 18** 10 a.m. – Earth Day craft



Victory Park Center continued on page 9

Victory Park Center continued from page 8



- April 22** 10:30 a.m. – “History of Earth Day” presentation with Peggy Apthorpe, Conservation Nebraska Common Ground Program
- April 23** 10 a.m. – April whiteboard trivia
- April 25** 10 a.m. – “Spring in Nebraska: The Sandhill Cranes” presentation with Rhonda Saunders, Amana Care. Information on a natural wonder in Nebraska.



- April 29** 10 a.m. – “Phishing” presentation by center manager Ben Middendorf. This interactive presentation will introduce you to the risks posed by phishing cyberattacks.
- April 30** 10:30 a.m. – Garry DeFreece painting demonstration.
- ▶ Nutrition handout: Springtime Fruits and Vegetables

Afternoon Activities

Pitch, Canasta and Bridge Card Groups

- ▶ Tuesdays, 2 to 4 p.m.
Victory Park Pitch and Pinochle Groups
We are now adding Pinochle as one of our card groups!
- ▶ Thursdays, 2 to 4 p.m.
Victory Park Bridge and Canasta Groups



Hometown Fresh Truck



- ▶ Wednesday, April 3 from 3 to 4 p.m.
Hometown Fresh food truck will be in the VA Clinic Parking lot (420 Victory Park). This food pantry is committed to serving neighbors with limited access to food resources and welcomes all in need of food to select fresh produce.

Travel Documentaries

- ▶ Monday, April 29 from 2 to 3 p.m.
– Join us in the afternoon for two fascinating travel documentaries screened in our dining room.
This month: Portugal



Victory Park Center Breakfast

Tuesday, April 30

8 to 9 a.m.

\$5 suggested contribution for age 60 and over
\$10 fee for under age 60

April menu: Sausage scramble, mixed fruit, bagels and cream cheese, milk

Reservations must be made by Tuesday, April 23.

Call Ben Middendorf at 402-441-7154.

Bennet Center

American Legion Hall – 970 Monroe St.
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.
Paula Chamberlain, manager

*This month's BINGO prizes are sponsored
by Sunlight Senior Care*

Tuesdays and Thursdays

▶ 9 a.m. – Coffee social! Art books, games and cards.

Special Event Programs

- April 2** 10:30 a.m. – Rummikub
▶ 12:15 p.m. – Crafts
- April 4** 10:30 a.m. – Entertainment with Dos Markos
▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
▶ Recognition for those celebrating an April birthday.
- April 9** 10:30 a.m. – 13-point Pitch
▶ 12:15 p.m. – Reminiscence with Paula
- April 11** 10:30 a.m. – Crafts with Becca Henry, HoriSun Hospice
▶ 12:15 p.m. – “Ice Age” presentation with UNL Paleontologist Shane Tucker
- April 16** 10:30 a.m. – Walk and Talk
▶ 12:15 p.m. – “National Cancer Control Month” presentation by Devin Mueller, Aging Partners
- April 18** 10:45 p.m. – Chair exercises
▶ 12:15 p.m. – “Navigating Home Health” presentation by Natalie Leon, Visiting Angels



April 23 10:30 a.m. – Adult coloring; a form of art therapy
▶ 12:15 p.m. – “I Remember That!” game

April 25 10:30 to 11:15 – Blood pressure clinic with Jess from CHI Health Care
▶ Nutritional handout: Springtime Fruits and Vegetables



▶ 12 p.m. – “Forts of Nebraska” presentation by Author Jeff Barnes, Humanities of Nebraska

April 30 10:30 a.m. – Cribbage
▶ 12:15 p.m. – BINGO

AGING PARTNERS

Malcolm Resource Events
Open 9 to 11 a.m.
(third Friday each month)

Malcolm Village Hall – 137 E. 2nd St.

- **April 19 at 9:30 a.m.**
“Personal and Family Services” presentation by Jean Holt, Aging Partners
- **May 17 from 9 to 11 a.m.**
Aging Partners foot clinic; appointment required (\$20 suggested contribution).

**For an appointment, call manager
Paula Chamberlain at 402-416-7693.**

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 Center

Firth Community Center – 311 Nemaha St.
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.
Paula Chamberlain, manager

Hickman Center

Hickman Community Center – 115 Locust St.
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.
Paula Chamberlain, manager

This month's BINGO prizes are sponsored by Sunlight Senior Care

Mondays

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

Special Event Programs

- April 1** 10:30 to 11:30 a.m. – Blood pressure clinic with Judy Kujath, RN, Lakeview Living
- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
 - ▶ Nutritional handout: Springtime Fruits and Vegetables
 - ▶ Recognition for those celebrating an April birthday.
- April 8** 10:30 a.m. – Game club
- ▶ 12:15 p.m. – Crafts with Becca Henry, HoriSun Hospice
- April 15** 10:30 a.m. – Entertainment with Dos Markos
- ▶ 12:15 p.m. – Reminisce with Paula
- April 22** 10:30 a.m. – Rummikub
- ▶ 12:15 p.m. – “National Cancer Control Month” presentation with Devin Mueller, Aging Partners
- April 29** 10:30 a.m. – Hand exercises
- ▶ 12:15 p.m. – “Forts of Nebraska” presentation by Author Jeff Barnes, Humanities Nebraska

Wednesdays

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

Special Event Programs

- April 3** 10:30 to 11:15 a.m. – Blood pressure clinic with Janell Schlichtman, Connected Care Service
- ▶ Nutritional handout: Springtime Fruits and Vegetables
 - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
 - ▶ Recognition for those celebrating an April birthday.
- April 10** 10:45 a.m. – Crafts with Becca Henry, HoriSun Hospice
- ▶ 12:15 p.m. – “Navigating Home Health” presentation by Natalie Leon
- April 17** 10:45 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services, and Michaela Williams, Eastmont
- ▶ 12:15 p.m. – “National Cancer Control Month” presentation by Devin Mueller, Aging Partners
- April 24** 10:30 a.m. – Entertainment with Dos Markos
- ▶ 12:15 p.m. – “Forts of Nebraska” presentation by Author Jeff Barnes, Humanities Nebraska

AGING PARTNERS

Waverly Resource Events
Open 9 to 11 a.m.
(first Friday each month)

Waverly VFW – 13820 Guildford St.

- **April 5 at 9:30 a.m.**
“Personal and Family Services” presentation by Jean Holt, Aging Partners
- **May 3 from 9 to 11 a.m.**
Aging Partners foot clinic; appointment required (\$20 suggested contribution).

For an appointment, call manager Paula Chamberlain at 402-416-7693.

We need YOU!



We are looking for volunteers for our rural senior centers to help serve food and participate in activities on Monday, Tuesday, Wednesday and Thursday each week.
Call Paula at 402-416-7693.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna noodle casserole Antigua vegetables Roll Fresh fruit	2* Cheesy ham and potato casserole Brussels sprouts Roll Apricots	3 Half turkey and cheese sandwich Tomato soup Lettuce salad Fresh fruit	4 Sloppy joe on a bun Chips Broccoli salad Fresh fruit	5 Hot open-faced turkey sandwich Mashed potatoes with gravy Green beans Raspberries
8 BBQ chicken sandwich Frelish sticks with dip Fresh fruit	9 Tilapia Wild rice Carrots Roll Grapes	10 Creamed chicken over a biscuit Brussels sprouts Gelatin Fruit juice	11 Beef chili Cinnamon roll Crackers Peas Banana	12 Beef taco Refried beans Fresh vegetables with dip Mixed fruit
15 Loose meat sandwich Lettuce salad Chips Fruit	16 Egg salad on a croissant Chicken noodle soup Broccoli Fruit juice	17 Philly cheesesteak with green peppers Coleslaw Potato chips Mixed fruit	18* Hot dog on a bun Macaroni and cheese Mixed vegetables Pudding Melon	19 Swedish meatballs Mashed potatoes Corn Roll V8® juice
22 Chicken enchiladas Spanish rice Carrots Fresh fruit	23 Chipped beef over a biscuit Spinach salad Pineapple	24 Spaghetti bake Asparagus Breadstick Applesauce Cookie	25 Half roast beef sandwich Loaded baked potato soup Spinach and cranberry salad Peaches	26 Deluxe grilled chicken sandwich Coleslaw Fruit salad
29 Tater tot casserole Beets Raisin bread Fresh fruit	30 Chicken stir-fry with vegetables White rice Egg roll Fortune cookie Mandarin oranges			

Menus are subject to change.

All meals include 1 percent milk and margarine or butter with bread items.

*Low sodium alternative available (month of April is chicken breast)

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.

\$4 transportation suggested contribution for age 60 and over.