



Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

Community Activities and Services

December 2019

Aging Partners Health and Fitness Center 555 S. 9th St. Monday through Friday 8 a.m. to 4 p.m.

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays by appointment only. \$10 suggested monthly contribution for age 60 and over and family caregivers of any age. \$15 fee for under age 60.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age, or a \$5 per class fee for under age 60. Punch cards are available.

You must preregister for all classes.

Please register early. Classes that do not have sufficient enrollment may be canceled.

To register, call 402-441-7575.

New for Family Caregivers

Family caregivers do a lot to enhance the health and wellbeing of the person they care for. It is important that they remember to take good care of themselves. One of our certified personal trainers or instructors would be happy to assist you in developing a home based exercise program designed to meet your needs. Appointments can be set up at a time and location convenient to you. We would also like to encourage family caregivers to take advantage of our fitness center and classes if they can.

Evidence-Based Tai Chi – Moving for Better Balance

Evidence based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the State of Nebraska Unit on Aging. ***Because all Tai Chi – Moving for Better Balance Classes are progressive, no registrations will be accepted after the fourth class of each session.***

New – Tai Chi for Arthritis and Fall Prevention

Irving Rec Center
2010 Van Dorn St.
Tuesdays and Thursdays, 1 to 2 p.m.
Jan. 14 through March 12
(no class Jan. 28 and Feb. 26)

This class will meet twice a week for 8 weeks with a \$2 suggested contribution per class or \$32 per eight-week session. Punch cards are available.

Instructor Mitzi Aden is certified in Tai Chi Moving for Better Balance and Tai Chi for Arthritis and Fall Prevention.

Attendees will learn the core modified 8 forms from Tai Chi Moving for Better Balance. Warm up and cool down sessions will include Tai Chi for Arthritis movements developed by Dr. Paul Lam at the Tai Chi for Health Institute. Class is beneficial to people with or without arthritis. Movements can be modified to accommodate mobility issues for any participant and can be done seated as a starting exercise. Each session includes:

- Warm up and cool down exercises designed to help manage pain
- One or two movements per lesson, progressively leading to completing the eight basic core movements
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance

Chair Assisted Tai Chi

St. Paul United Methodist Church
1144 "M" St. (dining room)
Tuesdays and Thursdays
9:30 to 10:15 a.m.
Jan. 7 through March 26

This class is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. There are many benefits of chair tai chi for all abilities. It strengthens the legs and upper body which leads to improved balance. Participants work progressively toward standing Tai Chi. \$2 suggested contribution per class or \$48 per session.

Tai Chi – Moving for Better Balance (Level I)

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi Moving for Better Balance 8 Forms. It is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. \$2 suggested contribution per class or \$48 per session.

- Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
1 to 2 p.m.
Jan. 13 through April 9
(no class Jan. 20 and Feb. 17)
- Irving Recreation Center
2010 Van Dorn St.
Tuesdays and Thursdays
11 a.m. to noon
Feb. 11 through April 30



Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

Community Activities and Services

December 2019

Tai Chi – Moving for Better Balance (Level II)

Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
2:30 to 3:15 p.m.
Jan. 13 through April 9
(no class Jan. 20 and Feb. 17)

This class is for people who have completed one or more sessions of Tai Chi Moving for Better Balance Level I. Classes are designed for people who want to continue with the traditional 8 forms with less instruction and some variations. \$2 suggested contribution per class or \$48 per session.

The following classes are open to join at any time during the session but registration is still required.

Tai Chi – Continuing 24 Form

Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
Jan. 6 through April 6
(no class Jan. 20 and Feb. 17)

This class is suggested for those who have completed the 24 Form instructional classes.

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
Jan. 6 through April 6
(no class Jan 20 and Feb. 17)

- Auld Pavilion, 1650 Memorial Drive
(Please note new day and time)
Wednesdays, 2 to 3 p.m.
Jan. 8 through March 25

Qigong March Mini Series

Asian Community and Cultural Center
144 N. 44th St., Suite A
Fridays, noon to 12:45 p.m.
March 6, 13, 20 and 27

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels of ability. \$2 suggested contribution appreciated.

Dance for Life (formerly Dynamic Movement)

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.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Jan. 6 through April 6
(no class Jan. 20 and Feb. 17)
- St. Mark's United Methodist
8550 Pioneers Blvd.
(church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
Jan. 9 through March 26
- Auld Pavilion, 1650 Memorial Drive
(Please note new day and time)
Wednesdays, 10 to 11 a.m.
Jan. 8 through March 25

Chair Yoga (on-going)

Chair yoga is one of the gentlest forms of yoga. It is a unique style that adapts yoga positions and poses through the 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 welcome.

- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
(no class Dec. 25 and Jan. 1)

Diabetes Self-Management Workshop

The Ambassador, 4405 Normal Blvd.
Tuesdays, 9:30 to 11:30 a.m.
Jan. 14 through Feb. 18

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- Low and high blood sugar
- Tips for dealing with stress
- How to set small and achievable goals
- Overview of relaxation techniques
- How to increase your self confidence
- Feel better and take charge

This workshop is offered at no cost, but suggested contributions of \$4 per class are appreciated!