

Witwer Healthy Aging Programs

Horizon's (beginning in July)

819 5th Street SE

- Fresh Conversations: 3rd Mon (10:45 am)

Downtown Library

450 Fifth Avenue SE, Cedar Rapids

- Under the Covers Book Club:
1st Tues - (10 – 11am)
- iPad Classes: Varies - Call for date/time

Ladd Library

3750 Williams Blvd. SW, Cedar Rapids

- Hand & Foot: Th (1 – 3 pm)
- Mexican Train Dominos: Th (1-3 pm)

Lowe's Park Art & Environment Center

4500 North 10th Street, Marion

- Dance: M (12:30 – 2:30p)
- 500: W (9am – 1 pm)
- BINGO: Th (9:30 – 11:15 am).....penny/card
- Pinochle: Fri (9 am – 1 pm)
- Line Dancing: W (1 – 2:30 pm)
- Blood Pressure Clinic - 3rd Th (11:30am)
- Fresh Conversations: 3rd Th (12:00 – 12:30 pm)
- *Healthy Aging Lunch & Learn Series:*
2nd Th (12 – 12:30 p) – Right at Home

July: Nutrition as We Age

Aug: Exercise & Arthritis

Sept: Osteoporosis & Preventing Falls

Oct: Brain Health & Alzheimer's Disease

Nov: Managing Stress & Preventing Burnout

Dec: Stroke- Signs, Symptoms, & Prevention

Lunch Options: Encore Café (rsvp at 377-3412)

or bring your own Brown Bag Lunch.

- Yahoo: 1st & 3rd M (9:30 – 11:30)...\$1 - (5-nickles, 5 dimes, and 1 quarter).

1st Presbyterian

310 5th St SE, Cedar Rapids, Iowa

- Knitting/Crochet/Embroidery Group
M & W (9 – 11:30 am)

Springville

SANSI Agency – 259 Broadway St.

- Music: 2nd Wed. (11:00 – 11:30 am)
- Penny BINGO: 2nd & 4th Wed (12:30 – 2:30 pm)
- Fresh Conversations 2nd Wed (11:45 am – 12:30 pm)
- Luncheons: 2nd & 4th Wed (11:30 am)
(RSVP to Janet at 854-6100 by noon on Tues.)

Ely

Ely Community Center – 1570 Rowley St.

(Senior Dining – Call 319-848-4140 for information)

- BINGO: 3rd Wed (1 – 2:30 pm)...penny/card
- Blood Pressure Check - 2nd Tues (9:30 am)
- Fresh Conversations: 3rd Wed (12:30 pm)
- Euchre: T (10 am – 2pm)
- Pinochle: F (10am – 3pm)
- Luncheons: Weekly – Tue & Fri (11:45 am)
3rd Wed/Mo (12:00 noon)
(RSVP to Jan at 848-4981)

Hiawatha

Hiawatha Community Center – 101 Emmons St.

- BINGO: Tues (9:15 am – 11:15 am)...nickel/card
- Fresh Conversations 4th Tues (11:15 am – 12pm)
- Hand & Foot: Tues (12:00 – 2:30 pm)
- Dance: Thurs (12:30 – 2:30 pm)
- Blood Pressure Clinic: 2nd Thurs – (12 pm)

Hills Bank

3204 7th Ave., Marion, Iowa

2019 Navigating Aging Transitions Lunch & Learn

(12:00 – 1pm) - **Lunch is Free**

RSVP to Jo at Aging Services - 398-3644

- **Aug 20 -Downsizing & Transitions:** *Overwhelming and Daunting...Where Do We Begin?*
- **Oct 15 - Stop Pulling Your Hair Out!** *Medicare & Medicaid Enrollment Made Easy*
- **Dec 17 – Holiday Aren't Easy for Everyone!**
Why the holidays can be hard for seniors

Healthy and Wellness Programs

(Call for dates, times, and location)

- Matter of Balance
- Chronic Disease Self-Management
- Stepping On
- Brunch for Your Brain

For more information regarding programs, suggestions for new programming, or Volunteer opportunities with Witwer Healthy Aging, please contact....

Jo Ellen

Aging Services Witwer Healthy Aging
Program Coordinator
at **319-398-3644**

