

Witwer Healthy Aging Programs

Oakhill Jackson Community Church

1202 10th Street SE, Cedar Rapids

- **WATCH FOR MONTHLY CALENDAR**
- Knitting/Crochet: M (9:00 – 11:30am)
W (9:30 – 11:30 am)
- Jigsaw Puzzles: M (9:00 – 11:30 am)
- Coffee, Conversation, & Current Events
M (9:15 – 11:00 am) W (9:30 – 11:00 am)
- Blood Pressure Clinic- *Sponsored by Comfort Care:*
1st Wed (10:30 am)
- BINGO w prizes: 1st Mon (10 – 11:15 am)
- Penny BINGO: 3rd Mon (10 – 11:15 am)
- Kings on the Corner: 5th Mon (10 am)
- Fresh Conversations: 1st Wed (11:00 am)
- Yahtzee : 2nd Mon (10:00 am)
- Rummikub: 4th Mon (10:00 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)
1st & 3rd Th/mo (9:30am – 1:30 pm)
- Pinochle: Fri (9 am – 1 pm)
- Line Dancing: W (1 – 2:30 pm)
- Blood Pressure Clinic- Sponsored by Comfort Care
3rd Th (11:30am)
- Fresh Conversations: 3rd Th(11:45 am – 12:15 pm)

Aging Services

317 7th Avenue SE, Cedar Rapids

- Watercolor Group: W (9:30 am – 11:30 am)

Four Oaks Bridge

2100 1st Ave NE, Cedar Rapids

- Bridge: M (9:30 am – 1pm).....50¢

Springville

SANSI Agency – 259 Broadway St.

- Music: 2nd Wed. (10:30 – 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)
- Blood Pressure Check - Sponsored by Comfort Care
2nd Tues (9:30 am)
- Fresh Conversations: 3rd Wed (12:30 pm)
- Euchre: T (10 am – 2pm)
- Pinochle: F (10am – 3pm)

Hiawatha

Hiawatha Community Center – 101 Emmons St.

- BINGO: Tues (9:15 am – 11:15 am)
- 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)

PCI Medical Pavilion

202 10th Street SE, Cedar Rapids

- **2018 Live Your Best Now...Health Series**
1st Tues (12:00 – 1pm) - **Lunch is Free**
- **Aug 7th** – ABC's of Medicare – Mark Rohde
- **Oct 2nd** – Fresh Conversations: Sugar-Sinfully Sweet? – Jo Haddad, Witwer Healthy Aging & Molly Webb, Hy-Vee RD
- **Dec 4th** – Sleep Apnea: How do I know I have it? Renee Meyer, CarePro Health Services

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

Jo Ellen

*Witwer Healthy Aging
Program Coordinator*

319-398-3644



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