

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 - 1st Wed (10:30 am)
- Dominos: 1st Mon (10 – 11:15 am)
- Penny Bingo/Dominos: 3rd Mon (10 – 11:15 am)
- Kings on the Corner: 5th Mon (10 am)
- Fresh Conversations: 1st Wed (10:45 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)
- 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) Lunch Options: Encore Café (rsvp
at 377-3412) **or** bring your own Brown Bag Lunch.

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. (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)
- 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)
(Please RSVP to Jan at 848-4981)

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)

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

- **Feb 19 - Don't Blow-Off the Warning Signs:**
It's time to move. Understanding the options
- **Apr 16 - Getting your Ducks in a Row:**
Navigating legal, health care & financial paperwork
- **June 18 - It Feels Like Ground Hog Day:**
Understanding the early signs of dementia & caregiving issues
- **Aug 20 -Downsizing & Transitions:**
Overwhelming and Daunting...Where Do We Begin?
- **Oct 15 - Stop Pulling Your Hari Out! Medicare & Medicaid Enrollment Made Easy**
- **Dec 17 – Holiday Aren't Easy for Everyone! Why the holidays can be hard for senior**

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

