Witwer Healthy Aging Programs

Oakhill Jackson Community Church
1202 10th Street SE, Cedar Rapids

- **WATCH FOR MONTHLY CALENDAR**
- Knitting/Crochet: M-W (9:00a – 11:30a)
- Jigsaw Puzzles: M-W (9:00a – 11:30p)
- Coffee, Conversation, and Current Events M-W (9:15a – 11:00a)
- Blood Pressure Clinic: 1st Wed (10:30 a)
  3rd Wed (10:30 a)
- BINGO w prizes: 1st Mon (10 a – 11:15 a)
- Penny BINGO: 3rd Mon (10 a – 11:15 a)
- Kings on the Corner: Wed (10 a – 11:15 a)
- Dominos: 4th Mon (9:45 am)
- SkipBo: 2nd Mon (9:45 am)
- Witwer Education Series – Watch calendar!

First Presbyterian Church
310 5th St SE, Cedar Rapids

- Bridge: M (9:30a – 1p)

Downtown Library
450 Fifth Avenue SE, Cedar Rapids

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

Aging Services
317 7th Avenue SE, Cedar Rapids

- Watercolor Class: W (9:30a – 11:30a)

Lowe's Park in Marion
4500 North 10th Street, Marion

- Dance: M (12:30p – 2:30p)
- 500: W (9a – 1 p)
- BINGO: Th (9:30 – 11:15a)
  1st Th/mo (9:30 a – 1:30 p) – bring a lunch
- Pinochle: Fri (9a – 1p))
- Line Dancing: W (1p – 2:30 p)
- Blood Pressure Clinic: (2nd Wed at 11:30a)
- Fresh Conversations: 4th Thurs
  (11:30 a – 12 p)

Springville
Springville Community Center – 265 Broadway St.

- Music: 2nd Wed. (11:00a – 12:00p)
- BINGO w prizes: 2nd Wed. (12:45 p – 2:30p)
- Fresh Conversations 2nd Wed (12:15 – 1:45 p)
- Penny Bingo: 4th Wed. (12:30 – 2:30 p)

Ely
Ely Community Center – 1570 Rowley St.

- BINGO: 3rd Wed (1p – 2:30p)
- Blood Pressure Check: 2nd Tues (9:30 a)
- Fresh Conversations: 3rd Wed (12:30 p)
- Euchre: T (10a – 2p)
- Pinochle: F (10a – 3p)

Hiawatha
Hiawatha Community Center – 101 Emmons St.

- Book Talk: 2nd & 4th Mon (10 – 11a)
- BINGO: T (9:30 a – 11:15 a)
- Fresh Conversations 4th Tue (11:15 a – 12p)
- Hand & Foot: T (12:30p – 2:30p)
- Dance: Thurs (12:30p – 2:30p)
- Blood Pressure Clinic: 1st Thurs – (12 p)
- The Jammers: 3rd Mon – (12 – 3)

PCI Medical Pavilion
202 10th Street SE, Cedar Rapids

- Live Your Best Now…Health Series
  Aug, Dec. - 3rd Tues (12p – 1p)
  Lunch is Free

Keystone Place
6126 Rockwell Dr NE, Cedar Rapids

- Live Your Best Now…Health Series
  Oct - 3rd Tues (12p – 1p)
  Lunch is Free

Witwer Healthy Aging Programs are held episodically at the following locations:

- Hills Bank in Hiawatha & North Liberty
- Hilltop Manor Senior Apartments
- Oak Village Senior Apartments
- Cedar Crest Apartments
- Cottage Grove Place
- Milestones Adult Day Centers

Volunteers are needed and appreciated!

For more information regarding programs, ideas for additional programming, or volunteering with Witwer, please contact…

Jo Ellen - *Witwer Program Coordinator*
Lauri - *Director of Community Services*
Bri – *Community Services Coordinator*

319-398-3644