



**Jasper County Elderly Nutrition**  
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**APRIL 2024**

## Senior Farmers Market

## Nutrition Program

**Applications for the Senior  
Farmer's Market checks will  
be available soon!**

**Watch for more information!**

### MEALS ARE FUNDED BY:

Jasper County  
Aging Resources of Central  
Iowa  
Client Donations  
Medicaid/Elderly Waiver  
EFSP Funds/United Way

## FRESH CONVERSATIONS

Fresh Conversations is a free nutrition and physical education program for persons age 60 and over. The program offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well! Fresh Conversations is also an opportunity to connect with other adults for a friendly group discussion!

**Wednesday, April 10 at 12:15 PM (2nd Wednesday of each month)**

**\*The Gathering Place—113 S Monroe St. Monroe**

**Wednesday, April 17 at 11 AM (3rd Wednesday of each month)**

**\*Colfax Senior Center—1 E Howard; Colfax**

**Wednesday, April 17 at 12 Noon (3rd Wednesday of each month)**

**\*Jasper County Community Center —2401 1st Ave E; Newton**