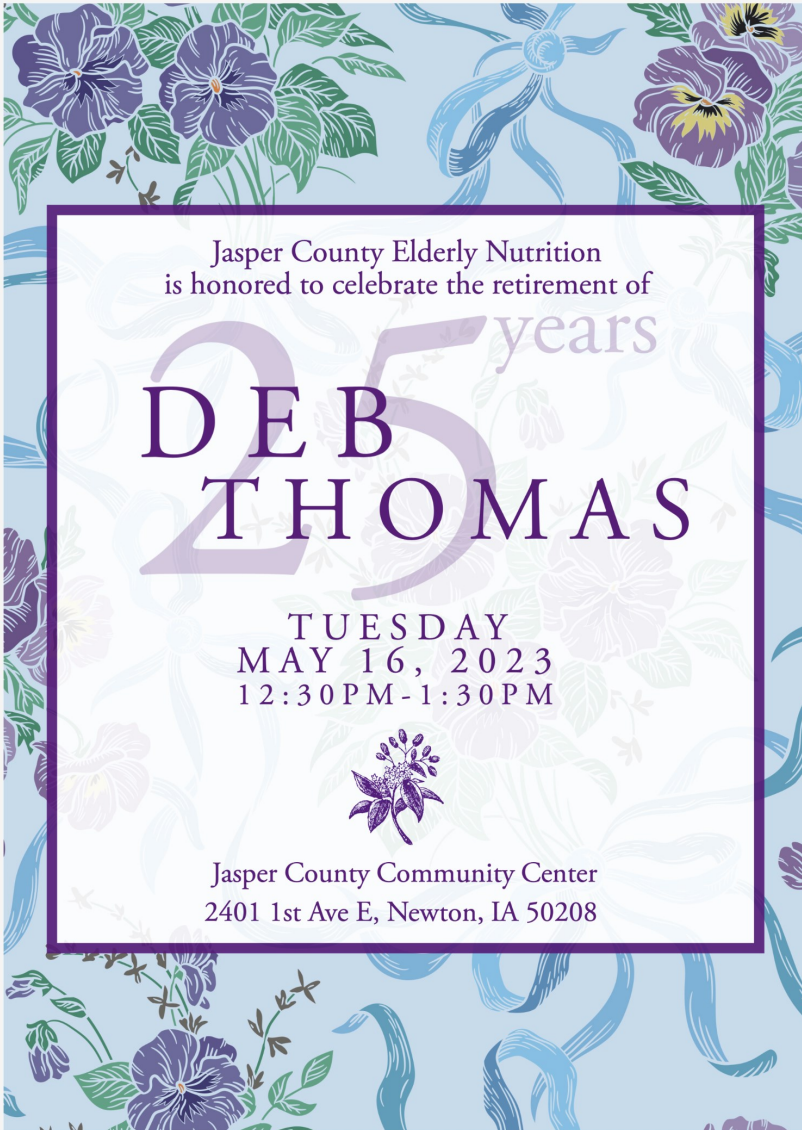


Jasper County Elderly Nutrition
2401 First Ave E.
Newton, Iowa 50208
641-792-7102

www.jasperia.org>Departments>Elderly Nutrition
 E-Mail: kvanmanen@jasperia.org

MAY 2023



Jasper County Elderly Nutrition
 is honored to celebrate the retirement of

25 years
DEB THOMAS

TUESDAY
 MAY 16, 2023
 12:30 PM - 1:30 PM



Jasper County Community Center
 2401 1st Ave E, Newton, IA 50208

Senior Farmers Market Nutrition Program

If you wish to receive an application to
 apply for Senior Farmers Market,
 contact our office (641-792-7102).



**A MATTER OF
 BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults
 experience concerns
 about falling and
 restrict their activities.
 A MATTER OF BALANCE
 is an award-winning pro-
 gram designed to man-
 age falls and increase
 activity levels.**

Where: Jasper County
 Community Center
 (Elderly Nutrition)
 2401 1st Ave E., Newton, IA

When: May 30-July 18
 (Tuesdays)

Time: 12:15-2:15 pm

Classes are held once a week
 for 8 weeks for 2 hours each.

Program fee is free
 will donation.

**For more information,
 please call
 641-792-7102**