



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



APRIL 2022

Senior Farmers Market Nutrition Program

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

Watch for more information!

Fresh Conversations

What: Fun Conversation & Recipe Tasting

When: Wednesday, April 13 at 12 PM

Where: Jasper County Community Center

2401 1st Ave E. Newton

To register, please call 641-792-7102

Fresh Conversations is a free nutrition and physical education program for ages 60+. 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!

TAI CHI WILL BE OFFERED BEGINNING MONDAY, MAY 2 AT 1 PM

DETAILS COMING SOON (postponed from April 4)