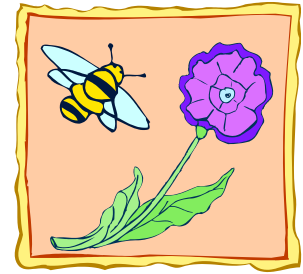


Jasper County Elderly Nutrition  
2401 First Ave E.  
Newton, Iowa 50208  
641-792-7102  
Fax: 1-515-631-5173  
Website: [www.jasperia.org](http://www.jasperia.org)



**MAY 2022**

*Providing Congregate and Home Delivered Meals in Jasper County*

**Jasper County Elderly Nutrition will be closed on  
Monday, May 30 for Memorial Day**

## **Senior Farmers Market Nutrition Program (SFMNP)**

### **Sign up in May**

You must be 60 years of age and meet the income guidelines to complete the application. Income guidelines include a yearly income of less than \$25,142 (for single person) or less than \$33,874 (for a married couple). For more information, please call us at 641-792-7102.

**We will be having a Garage/Bake Sale this summer.  
Watch for more information soon!**

**TAI CHI starts Monday, May 2—June 27 on Mondays &  
Wednesdays at 1 PM. Please call to sign up.**

### **National Senior Health & Fitness Day**

**Wednesday, May 25, 2022—Newton YMCA—1701 S 8th Ave E**

**Information Booths: 8:30-10 AM**

**FREE Event—8 AM Chair Aerobic and Breakfast starting at 8:30**