**Iowa Senior Games**

AGENCY: IOWA SENIOR GAMES

IOWA SENIOR GAMES is a social, recreational and competitive experience encouraging health and fitness for men and women age 50 and over that is endorsed by the Iowa Governor's Council on Physical Fitness and Sports and the Iowa Parks and Recreation Association and belongs to the U.S. National Senior Games Organization.

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**Special Olympics**

AGENCY: SPECIAL OLYMPICS IOWA, INC.

SPECIAL OLYMPICS IOWA is a statewide non-profit organization that uses sports training and quality competition to provide people with intellectual disabilities the opportunity to participate in a larger society where they are accepted and respected. Special Olympics Iowa currently serves 11,000 athletes and sports partners in all 99 counties in Iowa.

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**Special Olympics**

AGENCY: SPECIAL OLYMPICS IOWA, INC.

Training and competition in 19 Olympic-type sports for persons, age eight or older, with intellectual disabilities. Year round program, training and competition are offered in different sports at various times throughout the year.

Unified sports, where teams have equal numbers of traditional Special Olympics athletes and non-disabled par...

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**Muscatine Special Olympics**

AGENCY: MUSCATINE COMMUNITY YMCA

International program of year-round sports and athletic competitions for children and adults with developmental disabilities. Special Olympics athletes include men, women, boys, and girls; the program offers training and competition opportunities for every athlete regardless of gender, age, or ability.
Elderly Program

AGENCY: BHUTANESE COMMUNITY IN IOWA

BHUTANESE COMMUNITY IN IOWA offers an Elderly Program for the elder Bhutanese population to encourage engagement in their community and with each other. Activities like group meetings and interaction, games, group visits to locations throughout the city and more are offered. The venue of the meetings depends on how the organizer plans the activitie...

Recreation Services

AGENCY: POLK COUNTY SENIOR SERVICES - IOWA

RECREATION SERVICES are offered at local senior centers. Each center develops their own schedule of activities to match their hours.

Senior Services

AGENCY: CATHOLIC CHARITIES - OMAHA

3-30-20  COVID - 19 Update:

EMERGENCY FOOD SERVICES

Our food pantries will remain open during normal hours - but function differently. To limit person-to-person contact, we are providing pre-packaged food boxes at the pantry doors. We are also continu...

Witwer Healthy Aging Programs

AGENCY: AGING SERVICES INC

Provides leisure activities, health promotion and education, wellness, social opportunities, and lifelong learning opportunities for older adults. Coffee and conversation available. 500, Bingo, Pinochle, Hand and Foot, Euchre, fresh conversations, iPad classes, book clubs, board games, knitting, crochet, and watercolor class.

ACTIVE Senior Club (Aging Citizens Taking Interest in a Variety of Experiences)

AGENCY: MARTIN LUTHER KING JR. COMMUNITY CENTER

Encourages members to remain active in their community and to set an example for future seniors as to how to enjoy this very special time of life.

Singles Socialization Group

AGENCY: THEOS
Support and socialization for singles over age 55.

**Family Resource Center**  
**AGENCY: LINCOLN HOUSING AUTHORITY**  
Offers a variety of services including monthly food and clothing distribution, family nights neighborhood events, summer youth enrichment classes, summer food program, low income bus passes, information and referral, and a computer center.

Senior coffee club meets weekly on Wednesdays starting at 9:00 and a program begins at 9:30. Progr...

**Senior Program**  
**AGENCY: JEWISH FEDERATION OF THE QUAD CITIES**  
Jewish seniors who are home-bound or in nursing homes are visited on a regular basis, and rides are provided to ensure they get to doctors’ appointments, pick up prescription medicine, and/or go grocery shopping. During Jewish holidays, the Federation provides programming to nursing homes around the area. Companionship and socialization is a prio...

**Johnston Senior Center**  
**AGENCY: CITY OF JOHNSTON**  
CROWN POINT COMMUNITY CENTER is for senior citizens in the Johnston area. Congregate meals and a wide variety of activities to keep seniors active are available. Crown Point Community Center also is available for rent to the public for business meetings, weddings and other types of parties and functions.

**Forever Young Program**  
**AGENCY: PELLA REGIONAL HEALTH CENTER**  
04/06/2020 - COVID-19 Changes:  
Hospitals Please continue to maintain your routine, medical care. If you have concerns about coming to your hospital or clinic, please contact your physician for other options. Telemedicine is being offered through many medical insurance plans. Call your medical insurance provider for ...

**Health Builders Club**  
**AGENCY: PELLA COMMUNITY CENTER**  
The Health Builders Club is open to men and women over 55 years of age to get together to play cards, board games, shoot pool, socialize and enjoy coffee time. Room 307