



Miles
AHEAD
Nov 2025

Happy
Thanksgiving

Nov 27, 2025

Milestones AAA Receives Muscatine Community Grant

Milestones Area Agency on Aging is honored to receive a \$17,500 grant from the Community Foundation of Greater Muscatine through the Muscatine Health Support Fund.



This funding will directly support our Senior Nutrition Program, helping provide home-delivered, nutritionally balanced meals to older adults in Muscatine County (among our 17-county service area) – ensuring older Iowans can remain healthy, nourished, and independent in their own homes. We're deeply grateful to the Community Foundation for its continued investment in improving community health and supporting local programs that make a difference.

14th Annual Quad Cities Caregiver Conference TRAINING CAMP

Saturday November 15 8am-Noon
Golden Leaf Center
2902 E Kimberly Rd.
Davenport, IA

Demonstration Schedule

8:30 – 9:00 A.M. SENIOR HOUSING 101

Senior Star – Haley Flenker

9:15 – 9:45 A.M. MEDICATION MANAGEMENT

Main at Locust – Tracy Tran

10:00 – 10:30 A.M. PHYSICAL ACTIVITY AND FALLS PREVENTION

Iowa State University Kinesiology Department/FRAIL – Abbie Coniglio

10:45 – 11:15 A.M. DEMENTIA FRIENDS INFORMATIONAL SESSION

Dementia Friends Iowa / Quartet Senior Living – Amy Gutknecht

11:30 A.M. – 12:00 P.M. NUTRITION & MEALTIME SUPPORT

Milestones AAA Nutrition Director – Lisa Harwood

MatureFocus



40+ VENDORS

FREE ADMISSION

DOOR PRIZES



A LIFELINE FOR
OLDER IOWANS

Video: How Milestones
Makes a Difference



Visit us at:
4440 Brady Street
Davenport, IA 52806



Elder Abuse & Prevention

If you suspect that an older adult is experiencing abuse, neglect, or exploitation, please contact us at 855-410-6222.

STEAK DINNER FUNDRAISER AT HY-VEE



Thursday, Dec 4, 4:00 PM - 7:00 PM

\$12 + two sides.
A portion of proceeds supports Milestones Hy-Vee, 1025 Quincy Ave. Ottumwa, IA

Come enjoy good food, support a great cause, and learn about Milestones Agency on Aging.



FOLLOW US

[FACEBOOK.COM/MILESTONESAAA](https://facebook.com/milestonesaaa)

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

- | | |
|--------------|--------------|
| 1. YETKRU | 7. FOOTBALL |
| 2. SSGINEDR | 6. PILGRIM |
| 3. RYRBNARCE | 5. RAKING |
| 4. ARVYG | 4. GRAVY |
| 5. IGRNAK | 3. CRANBERRY |
| 6. IMGRLPI | 2. DRESSING |
| 7. LBTOOAF | 1. TURKEY |

Answers:

SENIOR NUTRITION PROGRAM MENU



Note: No service on Friday for Scott and Clinton counties.

- November 10: 1/2 C BBQ Pulled Pork on Bun, 1/2 C Broccoli, 1/2 C Cinnamon Baked Pears.
- November 11: Veterans Day. All Nutrition Centers will be closed. Contact your local nutrition center for options.
- November 12: Cook's choice with dessert.
- November 13: 5 oz Ham & Potato Au Gratin, 1/2 C Mixed Vegetables, Biscuit, 1/2 C Mixed Fruit.
- November 14: 3 oz Meatloaf, 1/2 C Mashed Potatoes, 1 oz Gravy, 1/2 C Green Beans, 1/2 C Fruit, Wheat Roll.
- November 17: Beef Enchilada Casserole, 1/2 C Rice & Beans, 1/2 C Tossed Salad w/ Dressing, 1/2 C Mandarin Oranges.
- November 18: Salisbury Steak, 1/2 C Mashed Potatoes, 1/2 C Four Way Mixed Vegetables, 1/2 C Applesauce, 2 slices WW Bread.
- November 19: 3 oz Herbed Baked Pollock, 1/2 C Brown Rice Pilaf, 1/2 C Spinach and Onion, 1/2 C Pears, Wheat Roll.
- November 20: 3 oz Chicken Fettuccine, 1/2 C Pasta, 1 C Tossed Green Salad, 2 tbs Dressing, 1/2 C Peach Crisp, Breadstick.
- November 21: 3 oz Loose Meat Sandwich on Bun, 1/2 C Potato Salad, 1/2 C Seasoned Peas, 1/2 C Fruit.
- November 24: 5 oz. Pizza Pasta Casserole, 1/2 C Corn, 1/2 C Pears, Cookie.
- November 25: Cook's choice with dessert.
- November 26: Thanksgiving Meal: 3 oz Roast Turkey, 2 oz Gravy, 1/2 C Cornbread Dressing, 1/2 Mashed Sweet Potatoes, 1/2 C Green Bean Casserole, Pumpkin Pie, Whole Grain Roll.
- November 27: Happy Thanksgiving. All Nutrition Centers will be closed. Contact your local nutrition center for options.
- November 28: All Nutrition Centers will be closed. Contact your local nutrition center for options.

Meals are for adults age 60+ and their spouse of any age, with a suggested contribution of \$5. Others must pay the full posted cost unless eligible. Menus provide 1/3 of the daily nutritional needs for older adults. For dining at a meal site, please call 1-2 days in advance to reserve. To find a location of your Community Café, visit MilestonesAAA.org.

Community Cafe Events

- **Chariton Legal Aid Presentation:** Nov 10th at 9:30am. Chariton Senior Center, 117 S. Grand St., Chariton, IA.
- **Lee County Health Department Clinic:** Second Thursday of each month at 10:30am-Noon. Heritage Center, 508 Main St., Keokuk, IA.
- **Silver Steppers:** Line dancing every Tuesday at 9am. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday at Noon. Bloomfield Senior Center, 109 E. Franklin St., Bloomfield, IA.
- **Crafternoon:** First Thursday of each month at 1pm. Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.
- **Walking Club:** Every Wednesday at 10:30am. Free Methodist Church, 820 E. Penn. Ave., Ottumwa, IA.



DATE: MON, NOVEMBER 17, 11AM

LOCATION: HERITAGE CENTER
508 MAIN ST., KEOKUK

**CALL 319-524-5464
TO RESERVE YOUR SPOT**

About Milestones

Milestones Area Agency on Aging, a private 501c(3) nonprofit, is one of six state-designated area agencies on aging serving the State of Iowa. Our service area (PSA 5) includes the following 17 counties in southcentral and southeastern Iowa: Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello, and Wayne. Regional offices in Burlington and Ottumwa and the administrative office in Davenport, provide reach to deliver critical programs and services throughout the region.

Milestones Mission Statement: Milestones Area Agency on Aging is committed to working with communities and community-based organizations to increase awareness for aging successfully with dignity and independence. We do this by implementing policy with public resources provided by the Federal Administration on Aging and the Iowa HHS Division of Aging and Disability Services.



www.milestonesaaa.org



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855-410-6222