



**February 2025**

## Watch Out for the Latest Scam: Gift Cards!

Scammers are always coming up with new ways to swindle unsuspecting older adults. One common scam involves fraudsters posing as officials, such as IRS agents or utility company representatives, demanding immediate payment. Others may pretend to be a grandchild in need. They instruct victims to purchase gift cards (e.g., Amazon, Google Play) and send the activation codes. Once the codes are provided, the scammer takes the money, and it's almost impossible to recover. Remember, legitimate organizations will never ask for payment through gift cards.

### Upcoming Events

- **Lunch with Ottumwa Mayor Rick Johnson:** Friday Feb 21, 11am-1pm. Penn Ave. Free Methodist Church, 820 E. Penn. Ave., Ottumwa, IA. Suggested \$10 contribution.
- **Free Art Class:** Third Thursday of each month at 1pm. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Every Friday at 11:45. Albia Leisure Lounge, 17 N. Clinton, Albia, IA.
- **Crafternoon:** First Tuesday of each month, 1pm. Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.

### How to Protect Yourself

- Be skeptical of urgent payment demands.
- Never send money or gift card details to unfamiliar individuals or organizations.
- Contact a trusted family member or company to verify requests.



For weather cancellations, please visit our website: [MilestonesAAA.org](http://MilestonesAAA.org)



**Community Senior Lunches Served Daily!**  
(Monday-Friday)

*All Meals Served on a Donation Basis.*

To find a Community Café location in your area, call

# 855-410-6222

**March 17 – May 7**  
**Mon/Wed**  
**10:30 - 11:30 AM**

**IOWA**  
HEALTH CARE

## TAI CHI

**FOR ARTHRITIS AND FALL PREVENTION WORKSHOP**

Tai Chi for Arthritis and Fall Prevention (TCAFP) has been researched and proven to reduce falls by nearly 30%\*.



**Online Zoom Classes. \$50 Registration fee.**

Learn more at: [MilestonesAAA.org/events/SpringTaiChi](http://MilestonesAAA.org/events/SpringTaiChi)



# (855) 410-6222

[www.milestonesaaa.org](http://www.milestonesaaa.org)