



February 2026

Staying Active Without Leaving Home

Staying active doesn't require a gym, special equipment, or even good weather—you can do it right at home. During the colder months, simple movement throughout the day can help keep your body strong and your blood flowing.

Chili Cook Off Fundraiser



Feb. 7th, 5:30pm-8pm
\$10 Suggested Donation
Heritage Center
508 Main St. Keokuk, IA

- Walk laps in your hallway, kitchen, or living room.
- When TV commercials come on, stand up and march in place or walk to a nearby room and back.
- Safety first: Keep walkways well lit and free of clutter or throw rugs. Wear supportive shoes, even indoors, to reduce the risk of slipping.
- Try simple resistance exercises using everyday items like soup cans. Hold a can in each hand, slowly lift toward your shoulders, then lower with control. (Pictured above.)
- Sit in a sturdy chair, straighten one leg at a time, and hold for three seconds before lowering. These seated leg-lifts help improve blood flow.



It's a Sock Hop!

MILESTONES SENIOR PROM



Small movements, done consistently, can make a big difference in how you feel each day.

Community Cafe Events

- **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.

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

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|------------|------------|
| 1. TRAEHS | 9. DIAMOND |
| 2. ICDPU | 5. ROMANCE |
| 3. NCYAD | 4. FLOWERS |
| 4. SLWOREF | 3. CANDY |
| 5. NERCMOA | 2. CUPID |
| 6. DDMNOAI | 1. HEARTS |

Answers: