



July 2025



Thank you to everyone who made this year's Senior Prom in Ottumwa a success!

THE ANSWERS YOU Need

The Milestones Information & Assistance (I&A) program provides a one-call destination to address the needs of older adults and adults living with disabilities. Assistance is a just a phone call away!



We've Moved! Here are our new office locations in Davenport and Ottumwa.

Davenport Office

4440 Brady Street
Davenport, Iowa 52806
Ph: 563.324.9085
Fax: 563.324.9384

Ottumwa Office

635 E. Pennsylvania Ave.
Ottumwa, Iowa 52501
Ph: 641.682.2270
Fax: 641.682.2445

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

1. ASTSET
2. ENDDEEENICN
3. DEARAP
4. TENIUD
5. ERIRFKWOS
6. ILBEYTR
7. LUEB
8. TYIFF



- Answers:
1. States
 2. Independence
 3. Parade
 4. United
 5. Fireworks
 6. Lively
 7. Blue
 8. Fifty

4th of July

July 4th is on Friday this year, and America will be 249 years old!

Community Cafe Events

- **Free Art Class:** Third Thursday of each month at 1pm immediately following the Milestones meal. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday, 12 noon. Bloomfield Senior Center, 109 E. Franklin St, Bloomfield, IA.
- **Crafternoon:** First Thursday 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.
- **Walking Club:** Every Wednesday at 10:30am. Free Methodist Church, 820 E. Penn. Ave. Ottumwa, IA.



Caregiver SUPPORT GROUPS

- **Burlington:** Milestones, 509 Jefferson St., 1st Tuesday of each month at 3pm.
- **Ottumwa:** McCreery Cancer Center, 1003 E Pennsylvania Ave., 2nd Thursday of each month at 2pm.
- **Davenport:** Milestones, 935 E 53rd St., 2nd Monday of each month at 10:30am.
- **LeClaire:** Our Lady of the River Catholic Church, 28200 226th Place, Le Claire, IA. 1st Monday of the month 10:30am.