

Important SNAP Update

Starting January 1, 2026, Iowa HHS will make changes to SNAP benefits to encourage healthier food choices. Under the new guidelines, eligible SNAP purchases are determined by the state's non-taxable food items list, as well as some prepared foods, gardening seeds, and food-producing plants.

Items that will no longer be eligible include:

- Soda and sugary drinks (under 50% juice)
- Candy and candy-coated items
- Some in-store prepared foods

Learn more at: <https://hhs.iowa.gov/snap>



November 2025

14th Annual Quad Cities Caregiver Conference

Saturday, November 15
8am - Noon

Golden Leaf Center
2902 Kimberly Rd.
Davenport, IA

- 40+ Vendors
- Hands-on skills learning
- Free refreshments & prizes



Nov 27, 2025

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. GRAY |
| 5. IGRNAK | 3. CRANBERRY |
| 6. IMGRLPI | 2. DRESSING |
| 7. LBTOOAF | 1. TURKEY |

Answers:

Community Cafe Events

- **Chariton Legal Aid Presentation:** Nov 10th at 9:30am. Chariton Senior Center, 117 S. Grand St., Chariton, IA.
- **Albia Legal Aid Presentation:** Nov 4th at 10am. The Hub, 17 N. Clinton, Albia, 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.