

Need a ride?  
Call Warren County Transportation  
at 961-2543.

- AARP Driver Safety Program
- Better Health Workshops
- Billiards
- Bingo
- Brain Aerobics
- Bridge
- Cards
- Computer Lab
- Cribbage
- Educational Programs
- Exercise Classes
- Exercise Room
- Experience Works
- Information Assistance
- Knitting Group
- Line Dancing
- Pinochle
- Pizza Parties
- Potlucks
- Recreational Programs
- Scrabble
- Special Events
- SHIP Counseling
- Tai Chi
- Trips
- Volunteer Opportunities
- Yoga



# Indianola Area Senior Center

Serving Older Active Adults  
Age 55 or Better



For more information, go to

[www.indianolaparks.com/Senior\\_Ctr.asp](http://www.indianolaparks.com/Senior_Ctr.asp)

[www.indianolaseniorcenter.blogspot.com](http://www.indianolaseniorcenter.blogspot.com)

Located in the  
Indianola Activity Center  
2204 W. 2nd Ave (Hwy 92 W)  
Open Monday - Friday 8am - 5pm  
The Billiards Room is also open  
9am - Noon on Saturdays.  
(515) 961-9420 ext. 206



The Indianola Area Senior Center is located at the Indianola Activity Center, 2204 W. 2nd Avenue (Hwy 92) and operates Monday-Friday from 8am - 5pm. Anyone age 55 or better is eligible to participate in events and activities at the Center.

Currently there is no membership fee; however, a monthly donation of \$5 per person is suggested.

The Center features a **billiards room** with both pool and snooker tables, the **Buxton Room**, a large multi-purpose room used for line dancing, potlucks, dances and other special events, as well as cozy **smaller rooms** for cards, classes and seminars.

An **exercise room** with two treadmills, bike, professional scale and TV/VCR is available at no charge. The **computer lab** features eight stations equipped with high speed internet and Office 2007 products. The computers are available on a first-come, first-served basis and there is no cost. Use the black & white laser printer free when you bring your own paper.

**Call 961-9420 to receive the quarterly newsletter which contains a calendar listing all of our activities, trips and special events.**



### Wellness

Physical recreation and fitness contributes to a full and meaningful life. Fit seniors live longer, remain in their homes longer and participate more fully in community life.

A Wii system is available for individuals and groups to use. We offer a number of exercise classes at the Center including Yoga, Tai Chi, Senior Exercise and Line Dancing. The Dancing Grand Dandies line dancers have as much fun practicing as they do performing for area meal sites and retirement homes!

### Fun & Games

Groups who enjoy playing Bingo, Bridge, Canasta, Cribbage, Hand & Foot (card game), Pinochle, Pool, Scrabble and Snooker meet here - some even hold monthly tournaments. Knitters and crafters work on projects together. The Brain Aerobics group meets each week to solve puzzles and brain teasers.



### Education

Special classes and presentations on current topics of interest, such as fraud, scams, safety and health issues.

### Socials

The Center hosts a **potluck** on the second Friday of each month at 11:30 a.m. The main dish is provided, and attendees bring a side dish or dessert to round out the meal. A monthly **dance** boasts performances by Maurie Goode and the Country Gentlemen as well as other local bands.

### Information Assistance

We all need assistance from time to time. Whether you are in need of legal, health, social security or community information, we will help you find the right agency or service.

