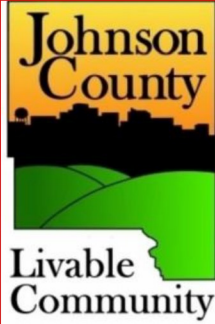


JCLC July 2024 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Register online for Tai Chi for Arthritis & Falls Prevention

Tai Chi for Arthritis and Fall Prevention

1 in 3 adults, age 65+, fall each year.

Tai Chi for Arthritis and Fall Prevention is an evidence-based fall prevention program that improves balance and muscle strength and reduces falls.

It is an 8-week class series that meets one hour, twice per week, for a total of 16 class sessions.

Upcoming Session Information:

Dates & Times: Monday & Thursday evenings from 6-7PM



July 8 & 11
July 15 & 18
July 22 & 25
July 29 & Aug 1
Aug 5 & 8
Aug 12 & 15
Aug 19 & 22
Aug 26 & 29

For more information about Tai Chi for Arthritis and Fall Prevention, please visit:
<https://taichiforhealthinstitute.org/tai-chi-for-fall-prevention/>

IOWA
HEALTH CARE

VNA
Visiting Nurse Association

Cost: \$50

*Limited scholarships available

Location: Online via Zoom

To register, contact
Bailey Rickels at:

✉ bailey-rickels@uiowa.edu

OR

register online at:

<https://www.eventbrite.com/e/910570760657?aff=oddtcreator>

MEDICAID BENEFITS AND HOW TO APPLY

Monday, July 22
2:00 - 3:00 PM
Free & open to the public

Legacy Senior Living Ridge Bldg
1095 Silvercrest Circle
Iowa City, Iowa 52240



Presented by Iowa's
Program Manager
for Medicaid
Eligibility

IOWA
HHS

Join us for an overview of Iowa's Medicaid benefits and learn how older adults can apply. This program will be presented by Avis Tripilas of the Iowa Dept. of Health and Human Services.



In Honor of Bob Welsh

Bob Welsh dedicated his life to the betterment of Johnson County through volunteerism, advocacy and the promotion of lifelong learning. This forum is proudly hosted in his memory.

Solon Beef Days: July 19th & 20th

Solon Beef Days, a community-driven festival that celebrates our rich agricultural heritage and the local beef industry. For over 40 years, Solon Beef Days has been a beloved tradition that brings people together for a weekend of great food, live music, fun activities, and a chance to connect with friends and neighbors.



North Liberty Blues & BBQ

16th year on
Saturday, July 13,
2024!



Blues & BBQ is North Liberty's summer tradition of live music, kids' fun, mouthwatering barbecue and craft beer. Admission, parking and inflatables are free thanks to the generosity of presenting sponsor Veridian Credit Union and other supporting sponsors.

Admission is free!

This is a blues-inspired festival, and with the help of The Englert Theatre we curate the best lineup of regional, national and international performers for the GreenState Credit Union stage on **Saturday, July 13, 2024**.

The White Buffalo will headline at 9 p.m., capping a lineup of exciting live, blues-inspired music all day with performances from Jeremie Albino, the Blake Shaw Big(ish) Band, David Zollo & The Body Electric, Cedar County Cobras, Charlotte Blu and others starting at 11 a.m.

Entry to the festival, in Centennial Park, 1565 St. Andrews Drive, North Liberty, including live music, is free.

Johnson County Fair

The 2024 Johnson County Fair begins Saturday, July 20th and runs through Thursday, July 24th. [Click here for the full fair schedule](https://www.thejohnsoncountyfair.com/) or find additional information at <https://www.thejohnsoncountyfair.com/>



Johnson County Fireworks Permits



Any entity intending to set off certain fireworks in the unincorporated areas of Johnson County must obtain a permit from the Board of Supervisors. Displays within the limits of an incorporated municipality are governed by the ordinances of that city, not the Board of Supervisors.

Johnson County Summer Events



Click below for the Iowa City Downtown District Summer Calendar.

Iowa City
Downtown District
Calendar



Visit the Summer of the Arts website for more details on summer events.

Summer of the
Arts Calendar



July 21-22, 2023

50th Annual Beef Days
event

Click here for more
details for Solon
Beef Days

SAVE
THE DATE

2024 Healthy Aging Fair

Thursday, Aug 22, 9 am - 12 pm

Location: Iowa City Senior Center, 28 S Linn St, Iowa City

Visit with representatives from services and organizations helpful in planning for a healthy, safe, and active life during the older adult years. This year's event also features a Dementia Friends information session on

supporting loved ones with dementia, a presentation on nutrition for healthy aging, an interactive Tai Chi demonstration to help reduce falls, and a laughter class.



Celebrate on July 3 & 4, 2024

The tradition continues!

Coralville's annual 4th of July celebration, 4thFest, is a community tradition that attracts thousands of visitors and residents.

Cost:

Most events are free.

Where:

S.T. Morrison Park, 1513 7th St., Coralville, IA 52241. [Get Directions](#)

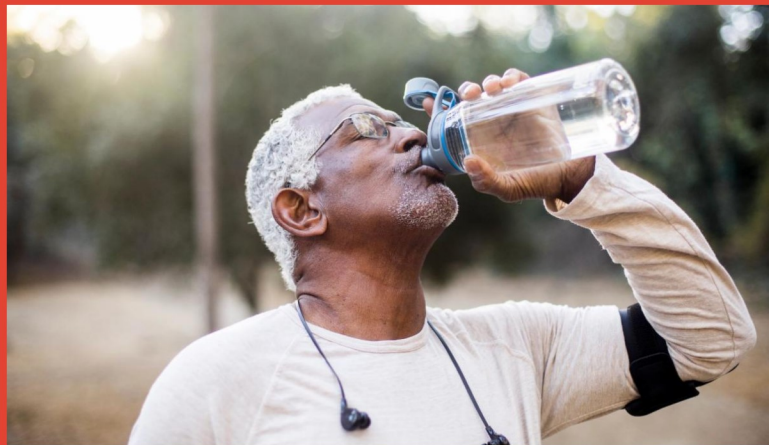
Highlights:

The multi-day, outdoor festival includes a 5K run / walk entertainment, food, a free concert on July 3, the area's largest Independence Day parade, free family-friendly activities in the park including a petting zoo, and fireworks in S.T. Morrison Park on July 4. [Watch previous video of 4thFest](#)

The [4thFest events schedule](#) will be updated as information is announced.

Volunteer:

Volunteer help is needed to make 4thFest events possible. A variety of volunteer opportunities are available!



How Extreme Heat Affects

the Body After 50

Soaring temperatures can set off a cascade of life-threatening events.
Here's how to stay safe

By
Rachel Nania,

AARP

Local Programming & News

<u>Senior Connections Lunch</u>	<u>AARP Iowa Events</u>	<u>Alzheimer's Association Upcoming Events</u>	
<u>Adult & Elder Care, University of Iowa Resources</u>	<u>Hancher Auditorium Upcoming Events</u>	<u>Iowa City Senior Center Iowa City- July/ August Activity Guide</u>	
<u>Stanley Museum of Art Calendar</u>	<u>Trail of Johnson County Calendar</u>	<u>UI Center of Human Rights Events</u>	



JoCo Livable Community | 855 S. Dubuque St., Suite 202B | Iowa City, IA 52240 US

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