



STAYING ACTIVE, INVOLVED, AND ENGAGED IN JOHNSON COUNTY

A Guide to an Active Lifestyle for Seniors:

Social, Fitness, Cultural, and Learning Activities



Produced by
Johnson County Livable Community for Successful Aging Policy Board
in celebration of Older Americans Month, May 2012

The benefits of remaining active do not only help older adults remain connected to social supports, but they also can help improve their overall health and well-being.

-Sara Sanders, UI School of Social Work

Preface

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. This is most certainly true for Johnson County's 16,927 citizens who are aged 60 and older.

This guide of activities was originally published in January 2006 and entitled *Aging Without Limits!* In keeping with this year's Older Americans Month theme, JCLC has produced this updated version as a downloadable pdf on the JCLC website – www.LivableCommunity.org/ActivityGuide.

The task of updating the listings was accomplished by University of Iowa student intern, Autumn Kuehl. Autumn's bachelor's degree is in Social Work. She is currently completing the Aging Certificate program at the University of Iowa. She has worked previously at a Senior Services Organization in Washington, DC. In July, Autumn will begin an MSW program at the University of Denver. Her future plans are to work with older adults or veterans. Thanks Autumn! Your efforts are greatly appreciated.

The information in this guide is subject to change. We encourage users to call ahead to confirm sites and times. Producing an up-to-date, comprehensive list of activities is, by nature, a work in progress – there are many more activities than those listed in this guide. Any updates or additions to this guide are welcome and may be submitted to: JohnsonCounty@LivableCommunity.org.

*Mary Willie
JCLC Aging Specialist
May 2012*

About JCLC

Johnson County Livable Community for Successful Aging Policy Board (JCLC) is an initiative of the Johnson County Board of Supervisors. JCLC's Policy Board partners with organizations, businesses, professionals, and volunteers to address and facilitate personal independence and an active civic and social engagement for residents. Its mission is: Help Johnson County become a livable community where everyone can age successfully. Visit www.LivableCommunity.org to learn more about and get involved with JCLC.

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Activities

Iowa City/Johnson County Senior Center

The Iowa City/Johnson County Senior Center is a division of the City of Iowa City and has been serving adults age 50+ since 1981. Located in a beautifully restored historic post office in downtown Iowa City, The Center offers an array of classes, activities, services, and volunteer opportunities which support independence and encourage involvement in the community.

The Mission of The Center is to promote optimal aging among older adults by offering programs and services that promote wellness, social interaction, community engagement, and intellectual growth. The Center serves the public through intergenerational programming and community outreach.

Knowledgeable instructors and independent contractors in a wide range of areas including art, current events, dance, environment, fitness, literature, languages, history, philosophy, religion, photography, science, technology, wellness, and more teach classes.

The Center's many groups and clubs offer opportunities to get involved with music, dance, and theatre performance; video production; fitness; leisure activities; and social activities.

Free professional services are available, including legal counseling, health insurance counseling, individual counseling, health screenings, and tax preparation. The Center also provides support to local agencies that offer services to seniors, including the Visiting Nurse Association and Elder Services, Inc.

Membership is available to anyone age 50+ and carries many benefits. Members can:

- Participate in Center-sponsored classes, groups, and activities
- Use the fitness suites, computer lab,

- painting studio, and billiards room
- Access Center facilities during extended hours, 7 days/week
- Receive discounts on parking and room rentals at The Center, and on purchases from a variety of local merchants

Membership:

Membership is required to participate in some activities and is available to adults age 50+. Many events and services are open to non-members

Other Fees:

There is a modest annual membership fee for Iowa City residents, slightly more for non-Iowa City residents of Johnson County, and higher fee for those who live outside Johnson County. Revenue from membership fees helps support The Center's operation. Family and low-income discounts are available.

Location

28 S Linn St, Iowa City, IA

Parking Availability: Ramp nearby, handicapped accessible

On Bus: Yes

Contact

Main Contact: 319-356-5220

Linda Kopping, Coordinator: 319-356-5225

Michelle Buhman, Program Specialist: 319-356-5222

Emily Light, Community Outreach Specialist: 319-356-5224

srcenter@iowa-city.org

www.icgov.org/senior

Iowa Cultural Corridor Alliance (ICCA)

Information & comprehensive listing of all upcoming events, activities and attractions that range from what's happening tomorrow, to what's happening six months from now.

CulturalCorridor.org is provided by the Iowa Cultural Corridor Alliance whose 100+ members
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represent the spectrum of arts/culture organizations in the Amana, Cedar Rapids, Iowa City/Coralville, Hiawatha, Marion, Mount Vernon, North Liberty, West Branch, West Liberty and beyond.

Membership:

Only if one wishes to list their events

Location

Johnson/Linn County area on-going activities & events

Parking Availability: Varies, handicapped accessible

On Bus: Varies

Contact

info@culturalcorridor.org

www.culturalcorridor.org

(800)650-ARTS;

Mail Address: ICCA, Eastern Iowa Airport, 2121 Arthur Collins Parkway, Suite 5, Cedar Rapids, IA 52404

Clubs

Aero Hawks of Iowa City

Fly airplanes in Iowa City. All ages' welcome.

Membership:

Visitors welcomed; membership \$50 annual or \$58 to be a member of the Model Aeronautics Association.

Location

Meets 1st Tuesdays at landfill Cubhouse Center; fly at the IC Airport.

Parking Availability: Free, handicapped accessible

On Bus: Yes

Contact

Bruce Fischer-Director; Joe Duffy-Vice

President 319-594-6465

www.iowacityaerohawks.com

pduff76@gmail.com

PO Box 25; Iowa City, IA. 52244

Classie Chassie Cruisers

Meets last Tuesday of each month. Cruises are from April-September.

Cost:

\$15 per year

Location

Varies; contact for details

Parking Availability: Yes, handicapped accessible

On Bus: Yes

Contact

Mark and Donna Heacock

Home: 319-354-5830; Work: 319-331-6108

clubs.hemmings.com/cccrusers/

Dog Obedience Club of Iowa City

Offers training for dog owners. Meetings are held 1st of month at the Heartland Inn in Coralville.

Membership:

Offers training

Location

1st & 3rd Mondays at Iowa City Rec Center
220 Gilbert St, Iowa City.

Parking Availability: Yes, Handicapped Accessible

On Bus: Varies

Contact

Tracy Kittrell, President

319-626-2622

peprhl@southslope.net

www.icdocwiki.org

Duplicate Bridge

Iowa City Duplicate Bridge--open for Social or Competitive Bridge- Group's function is to offer social, recreational, and competitive duplicate. One charity event a year.

Cost:

Free

Location

Call for details. Locations throughout Iowa City area

Parking Availability: Free, handicapped accessible

On Bus: Varies

Contact

Bill Kent

319-337-5231

billkent@mchsi.com;

website: home.mchsi.com/~icbridge

Harley Owner's Group (HOG)

Open to all ages. Meet at Hawkeye Harley-Davidson, then leaves for rides to different places.

Membership

Must first belong to National HOG organization (\$40 a year). \$45 per year for National

Other Fees: Local membership \$15 a year

Location

Meets at Hawkeye Harley-Davidson, 2812

Commerce Dr, Coralville, IA

Parking Availability: Yes, free

On Bus: No

Contact

Mike Noble, Jodie Keasling, Director

319-545-7495

jodie@hawkeyehd.com or hog1360@gmail.com

info@hawkeyehd.com

director@hawkeyehogchapter.org

www.hawkeyehogchapter.org/index.html

Hawkeye Railroad Club

Non-profit group whose purpose is to educate

people about railroading and model railroading. HO scale layout in 2000 sq. ft of space. Can be viewed by visitors to the Antique Car Museum of Iowa. Membership open to those interested in model railroading. Meets Wednesday evenings and Saturday mornings

Location

860 Quarry Rd, Coralville, IA

Parking Availability: Yes

Contact

Clark Cooper, csc@mchsi.com

Tom Persoon, Persoont06@msn.com

Hills Town & Country

Meets the 2nd Thursday of each month at the Community Center. The club is involved in many community activities such as sponsoring the Hills 4th of July Parade, Easter Egg Hunt, Hills Elementary Annual Essay Contest, weekly Bingo, etc.

Membership:

All one has to do to join is to come to the Community Center on the 2nd Thursday between 6 & 7 pm and sign up!

Location

Hills Community Center- 110 Main St E Hills, IA

Parking Availability: Free, handicapped accessible

On Bus: No

Contact

319-430-9823; www.hills-ia.org

Iowa City Camera Club

Meets 1st & 3rd Mondays at 7 PM from Sept through 1st of June. No meetings in summer.

No age limits. The IC Camera Club is part of North Central Camera Council, which consists of 40 clubs in a ten-state area.

Membership:

\$30 a year

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Location

Iowa City Rec. Center, 220 Gilbert St, Iowa City
 Parking Availability: Yes, metered, handicapped accessible
 On Bus: Yes

Contact

Cecil, President
 319-624-2594
 organtrail@hotmail.com

Iron Pegasus Motorcycle Club

Often meet at the old Highlander location; usually rides end with dinner; group also open to motorcycle enthusiasts who ride many styles of bikes.

Membership:

Membership fees - \$10 a year.

Location

Regular meetings and rides starting from various locations
 Parking Availability: Yes
 On Bus: No

Contact

Sandy F. – Membership
 115 1st St SE, Swisher, IA
 www.ironpegasus.org

Johnson County I-Club

All ages welcome. I-Club supporters' loyalty and generosity help keep UI athletics successful and respected around the nation. Gifts to the I-Club support the general athletic department budget including expenses associated with scholarships, team travel, equipment, athletic facilities operations, medical services, and more for our 24 Hawkeye teams.

Membership

Yes

Contact

The National I-Club Office
 The University of Iowa
 319-335-3305 or 800-648-4450

iclub@uiowa.edu

www.jointheclub.com/johnson

Mailing address: PO Box 4550, Iowa City, IA 52244

Old Capitol Doll Club

Membership open to anyone. Meets 2nd Wednesday of the month in homes of the members, March-December.

Membership:

\$40 a year to National Organization

Location

Meeting locations vary. Call for details.
 Parking Availability: Varies
 On Bus: Varies

Contact

Larry Bailey
 319-643-2441
 pegnlarry@lcom.net
 1716 Baker Av, West Branch, IA 52358

Pen Women: Iowa City branch of the National League

Group is concerned with writing, art, and music. The requirements for membership are to have published writings, artistic work in a show, music composer, or speaking presentations within past 3 years. If a woman doesn't immediately fulfill the requirements for membership, she can join as an associate member and work toward full membership. We have a program almost every month; highlighting local talent(s) and often inviting the public to attend free of charge.

Membership:

Dues are \$50.00 per year for combined National, State and Local dues. (March Payment)

Location

We meet monthly-either at local libraries, local museums, studios or private homes

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Contact

Mary Jedlicka Humston, President
 (319-341-7166
 maryjedhum@gmail.com
 www.culturalcorridor.org

Quarterback Club, Monday Morning

Informational, mainly sports oriented. Meets 1st Monday.

Membership:

Yes
 Costs: approximately. \$150 year (includes catered lunches). Open to all.

Location

Masonic Temple
 610 E College St, Iowa City
 Parking Availability: Yes, handicapped accessible
 On Bus: Yes

Contact

John Raffensberger, President
 319-338-8181

Red Hat Chap- Hottie Red Hatters

The group is for women age 50 and older. Younger women may participate, but they are called "Pink Hatters" or "Raspberry Tarts"

Membership:

Yes, but no membership fee.
 Other Fees: Lunch

Location

Meets at various locations – chapter is from Coralville
 Parking Availability: Varies
 On Bus: Varies

Contact

Margaret Kaltefleiter
 319-358-9930
 mkalte26@aol.com
 Alternate contact, Lea Horner

Toastmasters: Affirmationists Toastmasters University Club

Meet Mondays at 5:30 PM during the semester. Open and available to all individuals 18 years of age and older. We have a policy of non-discrimination.

Membership

Yes - \$20 new member fee plus monthly pro-rated dues (paid semi-annually). Returning members (Toastmaster before): monthly \$6.00 pro-rated (paid semi-annually)

Location

W-401 Pappajohn Business Building – UI Campus
 Parking Availability: Limited nearby;
 Handicapped Accessible
 On Bus: Yes

Contact

Reginald Williams, Treasurer
 ddwddick@yahoo.com
 Club # 1209, Dist #: 19
 www.toastmasters.org

University Club

Founded in 1917, the University Club is a social and educational organization for all women living in and around Iowa City. Although not directly affiliated with the University of Iowa, the University Club has a long history of promoting interactions among women interested in the University. The club continues to have over 700 members. A yearbook, listing club activities and member information, is published each year. The club's newsletter, the Clarion, is mailed to members four times a year. Monthly luncheon meetings are scheduled at various locations in the area. Over 20 interest groups are offered for members, including Newcomers, which is limited to members in their first four years of residency in this area.

Membership:

Annual Membership. Women of all ages who live in and around the Iowa City area are
(Cont'd to pg 6)

encouraged to become involved in the University Club.

Location

Varies
Parking Availability: Free, handicapped accessible
On Bus: Varies

Contact

uclub.iowa@gmail.com
PO Box 1394, Iowa City, IA 52244-1394

Whippoorwill

Social club for women, usually women between ages 30 and 90. Primarily a North Liberty group, but also includes members from other cities. Monthly meetings speakers, entertainment, and interaction among members. Whippoorwill Club is the oldest community club in Johnson County; Established in 1902.

Membership:

\$3 a year

Location

Varies; meets at the homes of members
Parking Availability: Free, handicapped accessible
On Bus: No

Contact

Lori Meyer
319-626-4706
lori.meyer1@usbank.com

Women’s Improvement League of Swisher (WILOS)

Open to anyone who lives in or near Swisher.

Membership

Free

Location

Meets at the Kava House & Café
122 2nd St SE, Swisher, IA
4th Tues during the school year

Parking Availability: Free, handicapped accessible

On Bus: No

Contact

Mary Grabe
319-857-4445
mary-grabe@uiowa.edu
Leslie Mowry, President
319-857-4388

Community Service

Free Lunch Program

Over 35 local teams of volunteers provide free lunch six days a week for the homeless and needy. These dedicated groups of individuals are not only responsible for cooking a daily meal, but also for getting the food and supplies together. Meal preparation for the poor and for the homeless is hard work. Most of the volunteers are mature individuals. The Free Lunch Program originated in 1983.

Membership

Free, open to all interested persons

Location

Lunch served noon-1:00 pm Mon-Sat at Wesley Center, 120 N Dubuque St, Iowa City
Parking Availability: No, handicapped accessible; minimally
On Bus: Yes

Contact

Mary Palmberg, Director & Volunteer Coordinator 319-337-7917
icfreelunch@gmail.com
www.icflp.org

Iowa City Hospice Volunteer Opportunities

Iowa City Hospice believes that everyone deserves the best end-of-life care available.

Volunteer

Patient Care Volunteers: A group Volunteer Training Course is offered 2 times per year. An online training option is available for those with computer access and can be completed at any time. Both training options cover a 16-hour Medicare-required curriculum

Pet Peace of Mind: Volunteers provide support services to pets in the home of Iowa City Hospice patients. A two-hour training is required and provided throughout the year.

Bakers & Shawlers: These volunteers share their baking and knitting talents with Iowa City Hospice patients and care partners. No training required.

Office/Administrative: Volunteers help with daily administrative duties of the organization. Requires a brief orientation covering Iowa City Hospice's mission, confidentiality, and office tasks.

Speakers Bureau/Ambassadors: These volunteers share their experience and knowledge of Iowa City Hospice with co-workers, clubs, faith, and local communities. They also participate in promotional and fundraising events.

Location

1025 Wade Street, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Sarah Neary, Volunteer Program Coordinator
319-688-4216
sarah.neary@iowacityhospice.org
www.iowacityhospice.org

Retired & Senior Volunteer Program (RSVP)

RSVP is using the "competence, wisdom and experience of our Iowa elders" by providing challenging and rewarding volunteer opportunities. Since 1990, Elder Services, Inc. has sponsored the RSVP program, which now includes Johnson County, North English, West Liberty and Burlington. Over 60 non-profit organizations seek their skills and experience.

RSVP volunteers serve the needs of children, elders and non-profits in impact placements. Memorandums of Understanding, job descriptions and Impact statements are now required to enlist as an RSVP Station.

Membership:

Free. For ages 55 and older

Location

1556 S 1st Av, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Joan Cook, Director
319-338-0515
jcook@elderservicesinc.com
www.elderservicesinc.com/RSVP.html

Uptown Bill's Coffee House and Neighborhood Arts Center

In the spirit of Bill Sackter, we strive to nurture and encourage individuals with disabilities by providing:

- A gathering place where people of all abilities are welcome
- Employment and micro-enterprise opportunities for individuals with disabilities.
- A community forum on abilities awareness.

Uptown Bill's is open weekdays 10 AM;
Saturdays, 9 AM. Coffee house, bookstore,
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performance venue, and more. Volunteers are welcome.

Regular activities include:

Wednesdays: Films, 1:30PM; Spoken Word, 7PM

Thursdays: Open Mic, 7PM

Saturdays: Music, 7PM

Check the calendar on our website or our Facebook page for other events.

Most events are free. All events are open to all ages and abilities.

Uptown Bill's is a project of Extend the Dream Foundation. Other projects, including a Vintage Shoppe are located at 2203 F St, Iowa City.

Membership

Free

Location

730 S Dubuque St, Iowa City IA

Parking Availability: Parking in front and on street. Parking lot across street nights and weekends

On Bus: Yes

Contact

Tom Gilsenan

319-339-0804

tomgilsenan@gmail.com

www.uptownbills.org

Find us on Facebook. Follow us on Twitter.

Watch us on You Tube

Volunteer at the Animal Shelter

Volunteer opportunities with animals from the Iowa City Animal Shelter. Many opportunities are available. Please contact the Shelter for details.

Membership:

No

Location

The temporary location is: 4852 Sand Rd SE Iowa City. (Sand Road is also S Gilbert St)

Parking Availability: Yes, handicapped accessible

On Bus: No

Hours:

Hrs: Mon-Fri, 10:30-5:30; Sat 10:30-3PM

Contact

319-356-5295

facfvolunteer@gmail.com

info@facf.org

www.Facf.org

Fairs & Festivals

Coralville 4th Fest

Annual 4th of July festival includes music, carnival, parade, and fireworks. Visit the website for details.

Contact

www.coralville.org

Johnson County Fair

A four-day annual event held in July with exhibits ranging from farm machinery to livestock, commercial exhibits, 4-H club competitions, judging events and a final livestock auction at the close.

Cost:

Free entrance-fees for items priced to sell, such as lunches, rides, etc.

Location

Johnson County Fairgrounds

Hwy 218 S, Iowa City

Parking Availability: Yes, handicapped accessible

On Bus: No

Contact

Brenda Christner

319-325-4049 or 319-337-5865

johnsoncofair@gmail.com

www.JohnsonCoFair.com

Mailing: 4261 Oak Crest Hill Rd SE, Iowa City, IA 52240

Lone Tree Fall Festival

Annual community celebration. Visit the website for details.

Contact

www.lonetreeiowa.com

North Liberty Blues & BBQ

Annual music and BBQ event held in late May. Visit the website for details.

Contact

www.northlibertyiowa.org

North Liberty Fun Days

Annual June celebration. Visit the website for details.

www.northlibertyiowa.org

Solon Beef Days

Annual July celebration. Visit the website for details.

www.solon-iowa.com

Summer of the Arts

Downtown Iowa City festivals include the Iowa Arts Festival, Iowa City Jazz Festival, and Sand in the City. Visit the website for details.

Contact

www.summerofthearts.org

TiffinFest

Annual July community celebration. Visit website for details.

www.tiffin-iowa.org

Farmer's Markets

Coralville Farmer's Market

On most Monday nights in June, July, and August, the Farmers' Market features acoustic music by local performers. Check the Farmers'

Market Music schedule to see who is playing and when

Location

1513 7th St, Coralville

Hours:

Monday & Thursday, 5-8 PM, May- September
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

319-248-1750;
www.coralville.org/index.aspx?NID=250

Iowa City Farmer's Market

The mission of the Iowa City Farmers Market is to provide a venue where local farmers, producers, crafters and artisans come together to provide a variety of fresh produce.

Location

Ground level of Chauncey Swan Ramp & Chauncey Swan Park across from City Hall, 410 E Washington St. Additional vendors located on E Washington St on Saturdays.
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Hours:

May through October
Wednesdays 5:00 PM-7:00 PM
Saturdays 7:30 AM-12:00 PM

Contact

icgov.org/default/?id=1108

Sycamore Mall Farmer's Market

Location

Sycamore Mall- 1600 Sycamore St
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Hours:

Tuesday 3 PM-6:30 PM, May-October
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Contact

319-338-7858

www.sycamoremail.com

Senior Dining & Potlucks**Coralville Luncheon**

Meets Tuesdays at noon. Dining and social time. For reservations call the Senior Center Dining program.

Cost:

Free will donation – suggested \$3.50 for those 60 and older. Open to all.

Location

Coralville United Methodist Church, 806 13th Av, Coralville
 Parking Availability: Yes, handicapped accessible
 On Bus: Yes

Contact

Senior Center Dining
 319-356-5212
 (church: 319-351-2446)

Iowa City Elderberry Cafe

Meals served daily, reservations not required. Meals contractor: Elder Services, Inc.

Cost:

Free will donation – suggested \$3.50 for those 60 and older. Fixed charge for those under age 60, \$5. Open to all.

Location

Iowa City/Johnson County Senior Center
 28 S Linn St, Iowa City
 Parking Availability: Yes, ramp nearby; handicapped accessible
 On Bus: Yes

Contact

Heather Binggelli
 319-356-5212

Lone Tree Senior Dining

Dining staff prepares hot, nutritious meals for the seniors in Lone Tree and the surrounding small communities. Contact dining site manager for details or Meals on Wheels service.

Location

203 ½ N Devoe St, Lone Tree

Contact

Terri Mullinex, Site Manager
 319-629-5144
 www.lonetreeiowa.com

North Liberty Senior Luncheon

Dining and social time. Luncheon held every other Friday at noon, hosted by the recreation staff. Includes structured social hour from 11AM- noon – bingo, speakers, games. Reservations must be made by 3:30 PM the day before.

Cost:

Free will donation – suggested \$3.50 for those 60 and older. Open to all.

Location

North Liberty Rec Center Community Room
 520 W Cherry St, North Liberty
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Contact

Shelly Simpson, Rec Center Director
 319-626-5716
 www.northlibertyiowa.org/rec

Part-Timers Club: Coralville Senior Potluck

Bring a friend and enjoy some good conversation and great food. Each third Monday of the month, noon-1:30 PM, September-May, all area seniors are invited to bring their favorite side dish and table setting for an old fashioned potluck. We provide the

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meat, drinks, and have special activities or guest speakers.

Membership:

No, free will donations accepted

Location

Coralville Rec. Center, 1506 8th St, Coralville (sometimes scheduled to meet at the Northridge Pavilion)
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Faron VanNostrand, Recreation Supervisor
319-248-1750
fvannonstrand@ci.coralville.ia.us

Solon Luncheon & Activities

Entertainment offerings include – Bingo Tue, Thur. in AM and PM; Euchre on Fridays; trips to area attractions, other entertainment, music, etc. Also Aerobic exercises.

Cost:

Meal donation requested, but not required.

Location

Solon United Methodist Church
122 N West St, Solon
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Mary Barta
319-624-2251

Tiffin Senior Lunch

Meets third Monday of each month, September through May at 12 noon. Dining and social time.

Membership:

No, free will donation

Location

Grace United Methodist Church
300 W Marengo Rd, Tiffin, IA
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Pastor Bev Marshall-Goodell
319-545-2281
revbev@southslope.net
www.tiffingraceumc.org

Arts & Crafts

Arts Iowa City Center & Gallery (AIC)

AIC is a nonprofit volunteer art center with monthly exhibits for local and regional artists. Performances, lectures, art workshops.

Membership:

Membership is required to exhibit but public can visit gallery

Location

114 S Dubuque St, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

319-337-7447
gallery@artsiowacity.org
www.artsiowacity.org

Beadology

Classes and open studio available, exhibits and retail gallery.

Location

220 E Washington St, Iowa City
Parking Availability: Limited metered,
Handicapped Accessible
On Bus: Yes

Contact

319-338-1566

Craft Guild of Iowa City

In operation since 1939, the Craft Guild of Iowa City is a non-profit organization promoting interest in traditional crafts (pottery, glass arts, and fiber arts, including weaving, knitting, quilting, and spinning) and providing opportunity for creative development. Open to anyone over age 16. Membership entitles one to participate in any or all of the activities offered. Instruction offered. Annual Open House and Exhibit in September. Groups as listed below. Other groups may form as interest dictates. Various Groups-Knitting, Quilting, Spinning, Weaving, Beading, Pottery, Surface Design, and more. Groups: See below for additional information

Knitting Group: meets 1st Wednesday at 1 PM

Quilting: Meets the 4th Tuesday at 9:30 AM at a member's home.

Spinning group – meets the 3rd Tuesday at 7:30. Build owns spinning wheels, which members can borrow. Spinning and weaving groups host, with other Iowa Guilds, the semi-annual meeting of the Iowa Federation of Hand Weavers and Spinners.

Weaving Group: Guilds owns an extensive collection of looms and weaving equipment, which members can borrow. W weaver's workshop is usually offered in January. Spinning and weaving groups host, with other Iowa Guilds, the semi-annual meeting of the Iowa Federation of Hand Weavers & Spinners.

Beading Group: Meets Mondays at 10:00 AM.

Pottery Group: Meets the 3rd Monday at 7 PM. Guild owns materials, kilns, etc.

Surface Design Group: Meets quarterly. Times vary. Call for information.

Craft

Daytime Crafters: Meets the 2nd Thursday of each month at 9:30 at a member's house.

Membership:

Yes; Annual dues are \$70 for regular members for September to September. Each family member may join for \$35/person.

Other fees: Potters require a small lab and materials fee. Some classes may require a

material fee and/or small deposit to borrow equipment.

Location

815 Oakland Av, Iowa City, IA

Parking Availability: Yes,

On Bus: No

Contact

319-354-2110

iccraftguild@gmail.com

juliepulk@aol.com

craftguildic.blogspot.com

Mick's Workshop & Vintage Shoppe

Mick's Workshop is a furniture-refinishing workshop. In addition to furniture refinishing and some furniture building, the Workshop also does some small home repair and light hauling. Mick Vevera, a multi-talented craftsman, manages Mick's Workshop. It is best to call ahead if you plan to visit or bring in a piece of furniture to be redone. As a non-profit business the Workshop welcomes donations of antiques, furniture, and miscellany.

Mick's Workshop is closely associated with Vintage Shoppe located across the street at 2203 F Street. Many of Mick's pieces can be found in the Shoppe.

Vintage Shoppe: Offers antiques, collectibles, rare books, and vintage jewelry. The Shoppe is located in Uptown Bill's E-Commerce Center, 2203 F St, one block west of First Av Hy-Vee in the Towncrest area.

Donations of any of the Shoppe offerings are welcomed, as the Vintage Shoppe is part of the non-profit Uptown Bill's projects, which were developed to provide ownership and employment to persons with disabilities.

Location

2218 F St, Iowa City

Parking Availability: Yes, handicapped accessible

On Bus: Yes

(Cont'd pg 13)

Hours

Sunday, 10AM-2PM
Tues-Sat, 10AM- 5PM

Contact

Manager, Mick Vevera or Dr. Tom Walz
319-530-0045
smallmall@uptownbills.org
www.uptownbills.org

Old Capitol Quilters Guild

Meets second Monday of each month. This non-profit has some 140 members from Iowa City & surrounding area.

Membership:

\$20 membership dues annually

Location

Meets at Our Redeemer Lutheran Church
2301 E Court St Iowa City
Parking Availability: Free, handicapped accessible
On Bus: Yes

Contact

PO Box 8822, Iowa City, IA 52245-8825

Project Art-UI Hospitals

Project Art conducts a wide range of art programs and services recognizing local, regional & nationally recognized artists. Included are permanent collections of over 3,900 original works and 2,200 reproductions, temporary exhibits in four locations of UIHC and performing arts events, featuring music, dance and theatre, Art Cart and Art Supplies for patients.

Membership:

All exhibits are free and open to the public

Location

UI Hospitals & Clinics. Please see website for details.
Parking Availability: Ramp, handicapped accessible
On Bus: Yes

Contact

Adrienne Drapin, Director, Project Art/Medical Museum
319-353-6417
uihc-projectart@uiowa.edu;
www.uihealthcare.com/depts/projectart/index.htm

The Chait Galleries Downtown

Exhibits and retail gallery open to the public.

Location

218 E Washington St, Iowa City
Parking Availability: Limited metered, handicapped accessible
On Bus: Yes

Contact

Terri Miller Chait, Benjamin Chait - owners
319-338-4442
info@thegalleriesdowntown.com
www.thegalleriesdowntown.com

Continuing Education

Johnson County Extension Division

Health & Nutrition / Yard & Garden/ Financial Management & Budgeting (classes in multiple areas) / Senior Living/Adult Caregivers Training & Mentoring

Location

3109 Old HWY 218 S, Iowa City
Parking Availability: Free, nearby; handicapped accessible
On Bus: No

Contact

Gene Mohling- County Extension Education Director
319 337-2145
mohling@iastate.edu
www.extension.iastate.edu/johnson

Kirkwood Community College for Continuing Education

To order a free catalog electronically, go to www.kirkwood.edu/ce

Fees:

Tuition fees apply. Occasionally there are materials fees.

Location

1816 Lower Muscatine Rd, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

1-800-332-8833
www.kirkwood.edu/ce

Lifelong Learning: University of Iowa Lifetime Enrichment Adult Program (UI LEAP)

The UI LEAP program is affiliated with the University of Iowa College of Medicine and University of Iowa, Center on Aging. UI LEAP combines innovative learning opportunities in a community of adults age 50 and older. Classes and trips are offered during fall, spring, and summer during the day and early evening. Course guides available online (see link below).

Membership:

Optional membership; registration fees for classes and trips

Location

2159 Westlawn, University of Iowa, Iowa City, IA 52242
Parking Availability: Ramp nearby; handicapped accessible
On Bus: Yes

Contact

Virginia Jorstad, Program Director
319-384-4566
virginia-jorstad@uiowa.edu, or
Laura Scheetz
319-384-4221
laura-scheetz@uiowa.edu

New Pioneer Coop Classes

Classes offered in cooking/foods

Membership:

Optional

Location

1101 2 St, Coralville
Washington & Van Buren, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

319-358-5513 or 319-338-9441
www.NewPi.com

UI Senior College

Classes meet weekly for two hours per week for four weeks.

Fees:

Class tuition is \$30 per class

Location

Class locations in the IC area vary – usually in UI classrooms
Parking Availability: Varies, handicapped accessible
On Bus: Yes

Contact

Peggy Houston, Committee Chairperson
319-351-1438
U of Iowa Alumni Association
1 Levitt Center, Iowa City, IA 52242-1797
1-800-469-2586 or 319-335-3294.
www.iowalum.com/srcollege/

Fitness & Sports

Bicycling

Bicyclists of Iowa City

Everyone welcome on rides - helmets required. Rides on Saturday and Sunday in winter months when temperature is above 32 degrees. Rides on spring/summer weekends, also Wednesday and Thursday evenings. Thursday rides are especially for people learning or re-learning to ride on low traffic streets and trails in the area - slower pace. Twenty to 50 mile rides on Tuesday mornings in summer. Many members are aged 50 and older.

Membership

\$20 fee - individuals; \$25 - families. No fee for the rides.

Parking Availability: Free, nearby

On Bus: No

Location

Ride locations are listed in the Bicycle Post newsletter mailed to members (and available in limited quantities at local bike shops. Rides are of various lengths and for various ability levels.

Contact

Nate Van Der Weid, President
319-430-9941
natev@comp-sol.com
319-351-8609
www.bicyclistoflowacity.org
Mailing Address: BIC, P.O. Box 846, Iowa City, IA 52244

Off Road Riders

Group maintains bike trails (bicycle off road mountain bikes) in Johnson County - most specifically in the Sugar Bottom recreational area. This group of men and women work hard to keep the off- road bicycle trails open at the Sugar Bottom recreational area. Open to all interested persons.

Membership:

Various levels of membership beginning at \$20 annually.

Location

Meets most often at the Sugar Bottom Trail in north Johnson County
Parking Availability: Yes
On Bus: No

Contact

319-626-1160
icorr@icorrmtb.org
www.icorrmtb.org
PO Box 423, North Liberty, IA 52317

Bowling

Tuesday Seniors Bowling League

The group bowls every Tuesday afternoon at 1:30, September to early April.

Membership:

Yes

Location

Colonial Lanes
2253 Old Hwy 218 S – Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Rosie Ryan, League Secretary
319-626-2106
Colonial Lanes: 319-338-1573

Wednesday Seniors Bowling League

The group bowls Wednesday afternoons. Additionally, Colonial Lanes offers discounted rates for persons aged 55 and older, weekdays between 1-3:30PM. (75 cents). Tuesday & Thursday Open Bowling 1- 5PM for seniors.

Membership:

Yes, League runs for 30 weeks, starts August.
(Cont'd pg 16)

Location

Colonial Lanes
 2253 Old Hwy 218 S – Iowa City
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Location

2253 Old Highway 218 S. – Iowa City

Contact

Colonial Lanes
 319-338.1573

Dancing

Country Dancers of Iowa City

Meets each Thursday at 7 PM. Open to the Public. Lesson at 7:30 PM

Membership:

Open to Public; \$5 membership fee

Location

Eagle’s Lodge, Hwy 1 SW, Iowa City
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Contact

George Hospodarsky, President
 319-339-8317
 Shirley Flansburg
 319-624-2687; 319-338-7551

Dance-Mor Ballroom

Dances are Fridays and Saturdays. There is usually a younger group of dancers present on Saturday night.

Fees:

Cover charge applies. \$6

Location

77 2 St SE, Swisher, IA.
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Contact

319-857-4205
www.iowadance.com/dancemor.html

Ponderosa Ballroom

Call or log on to the website for dance information and lessons.

Membership:

Contact for further information

Location

195 1st St S, Walford, IA
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Contact

Connie and Paul Louis, owners
 319-396-4347
www.ponderosaballroom.com
 PO Box 121, Walford, IA 52351

Exercise & Fitness Classes

Ananda Marga Yoga Society

Yoga instruction can be tailored to needs of each individual.

Membership:

No cost except for occasional 6-week yoga classes. Instruction on meditation available, as well

Location

Various meeting places; contact at 2721-D Muscatine Av, Iowa City

Contact

Andy Douglas
 319-358-0828
Andrew-douglas@uiowa.edu

Arthritis Foundation Aquatic Program “Stretching It A Little”

Leaders encourage a fun, friendly and supportive atmosphere. Heated pool. Certified leaders.

Fee:

Pool entry fee
(Cont’d pg 17)

Location

Mercer Park Aquatic Center
2701 Bradford Dr, Iowa City
Meets M-F at 8 AM and at 11 AM
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Ellen- 319-341-3521
Stan- 319-354-2952
Chad Dyson 319-356-5100
chad-dyson@iowa.city.org

Arthritis Foundation Aquatic Program-North Liberty

A recreational exercise program designed for men and women, regardless of age. This program allows anyone to exercise without putting excess strain on joints and muscles. Class times: M/W/F 10-10:50AM. Leaders encourage a fun, friendly and supportive atmosphere. Heated pool. Certified leaders. Call for details.

Fees:

Pool entry fees

Location

North Liberty Community Center
520 W Cherry St
PO Box 77, North Liberty, IA 52317
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Katie Mckinnone
319-626-5716
KMckinnone@Cl.North-Liberty,IA.US

Iowa City Recreation & Mercer Aquatic Center

Full range of pool activities, art & crafts classes, weight room and dance classes, adult sports and fitness including Senior Strength and Flexibility. Senior Swim offered Mon-Friday from 9-10. Fees apply. Heated pools at both sites. Meeting rooms available.

Membership:

Fees apply for some classes and activities. Pool fee. Some fees for classes are minimally higher for those living outside Iowa City.

Location

Robert A. Lee Community Recreation Center –
220 S Gilbert St, Iowa City
Scanlon Gymnasium/Mercer Aquatic Center at
2701 Bradford Dr, Iowa City
Parking Availability: Yes Metered & ramp at
Gilbert Street facility, Handicapped Accessible
On Bus: Yes

Contact

Chad Dyson
319-356-5100
www.icgov.org/pr

North Liberty Recreation Center

Indoor walking track and gym. Registration required. Fees apply. Indoors and outdoors swimming. Heated pool. Senior dining and entertainment. Many good & varied exercise & weight machines machines. Special rates for seniors. Inquire of staff. Meeting rooms available.

Membership:

No

Other Fees: Fees for some activities, i.e., pool, swimming, classes, and machines use.

Parking Availability: Yes, Handicapped Accessible

On Bus: No

Location

520 West Cherry St – North Liberty, IA

Contact

Shelly Simpson- Director; 319-626-5616.
www.northlibertyiowa.org/rec

UI Recreational Services

UI Rec Services has fitness programs, aerobics, weight training, swimming, cycling, racquetball, tennis, and yoga available for fitness/wellness. There are a variety of user fees for these programs ranging from drop-in up to semester length fees. Check the website for more information.

Membership:

Yes. Check website or call

Location

University of Iowa Fieldhouse, UI Campus, Iowa City, IA
Parking Availability: Ramp/metered, handicapped accessible
On Bus: Yes

Contact

319-335-9293
www.recserv.uiowa.edu

Golf

Brown Deer Women's & Men's Golf Leagues

Women's league was formerly the Executive Women's Golf Association. Play nine holes of golf every Tuesday from May to August with a shotgun start at 5:30 PM. Awards and optional dinner follow play.

Men's league – play every Wednesday or Thursday from April to September. Tee times begin at 4:30 PM. Iowa City Golf Association provides Scoring and handicaps.

Membership

\$40/year
Other Fees: Usual golf fees apply

Location

Brown Deer Golf Course
1900 Country Club Dr, Coralville, IA
Parking Availability: Free, nearby
On Bus: No

Contact

Pro Shop
319-248-9300
www.coralville.org/index.aspx?NID=510
(Online Tee Time booking available)

Pleasant Valley Golf Course

18 hole golf course for all ages

Membership

Greens fees vary from \$14.50 to 32.00. Carts available

Location

4390 Southeast Sand Rd (Gilbert St. Ext.), Iowa City, IA
Parking Availability: Free, nearby, Handicapped Accessible
On Bus: No

Contact

Thomas Hein – PGA Class A
319-337-2622
golf@pleasantvalleyic.com
www.pleasantvalleyic.com/golf

Recreational Sports

Hawkeye Skating Club

Recreational & competitive club – members range from ages 3 to 80, and are at all skill levels. Club ice time, Wednesdays, 5:45-6:45PM - \$4 for members, \$8 for non-members.

Membership

Individual membership - \$110 individual plus \$15 per additional family member. Discounted fees for first year membership, college students, and seniors age 60 and older. Anyone is welcome to join. Membership provides reduced rates for public skating and for Learn to Skate Classes at Coral Ridge Ice Arena
(Cont'd pg 19)

Location

Coral Ridge Mall, 1451 Coral Ridge Av,
Coralville, IA
Parking Availability: Free
On Bus: Yes

Contact

319-331-8795
president@hawkeyeskating.org
www.hawkeyeskatingclub.org
www.coralridgeice.com/

Iowa City Tennis Association

Sponsors Midlands Tennis Tournament for Juniors and Adults which has an age 75+ competition category. Profits go to underprivileged kids in the Iowa City area. Also a "club team" in town (junior high)

Membership:

No membership fees.

Location

North Dodge Athletic Club
2400 N Dodge St, Iowa City
Parking Availability: Yes
On Bus: No

Contact

Fred Pederson, Director
c/o North Dodge Athletic Club
319-351-5683

Sailing Club of Iowa

Open to the public. Purpose to provide boats & instruction to students and community members. Teaching is available on weekends during each sailing season. The club owns 45 sailing boats. Cruising classes also offered periodically.

Costs:

Yes. Fees vary for students, family or the general public. Approximately \$75 for summer membership, \$150/year for general public. Other fees: Boathouse key fee.

Location

Sails on Lake MacBride

Parking Availability: Yes, handicapped accessible
On Bus: Only in Iowa City

Contact

Cody Ziegler, Commodore
www.IOWASAILING.org
PO Box 10142, Iowa City, IA 52242

University of Iowa Athletic Department

Go Hawks! Call for Big Ten sports information.

Location

205 Carver Hawkeye Arena, Iowa City
Parking Availability: Yes, Handicapped Accessible
On Bus: Yes

Contact

1-800-IA-HAWKS
www.hawkeyesports.com

Walking, Hawkeye Hikers/American Volkssport Association

Walks are 5k or 10k. Directions at the starting point.

Membership:

No, but is available if wanting credit

Location

Sheraton Hotel, Iowa City, Amana, West Branch, Mount Vernon/Lisbon, Davenport
Parking Availability: Yes, handicapped accessible
On Bus: Only in Iowa City

Contact

Beverly Prem, President
319-338-2071
bjwprem@q.com

Gardening

Four Seasons Garden Club

For those with an interest in gardening

Membership:

No

Location

Monthly meetings at member's homes; some out of state trips.

Parking Availability: Yes, handicapped accessible

On Bus: No

Contact

Janice Hining

319-351-6304 or 319-644-3927

Iowa City Landscaping & Garden Club

Offers periodic classes on general gardening and landscaping.

Cost:

Enroll in class; fee based (minor fee)

Location

520 Hwy 1 West, Iowa City

Parking Availability: Yes, handicapped accessible

On Bus: Yes

Contact

Chuck Porto

319-337-8351

cporto@iowacitylandscaping.net

www.iowacitylandscaping.com

Master Gardeners: Iowa State University Extension

Requirements include 40 hours classroom training and 40 first year volunteer hours.

Additional years require 12 volunteer hours and 6 hours re-training. Apply by application.

September /October training.

Membership

Yes

Other Fees

Classes required; one time tuition \$175. (50% scholarship available)

Location

Johnson County Extension Office

3109 Old HWY 218 S, Iowa City

Parking Availability: Free, nearby

On Bus: Varies

Contact

Barbara Schintler

Extension office: 319-337-2146 (Mon-Fri 8-

5pm) Home: 319-351-1574

Project Green

Purpose – to promote & improve environment in greater Iowa City public areas; raise funds to landscape public spaces and school grounds in the Iowa City area; open to all ages

Membership

None

Other Fees: No

Location

Work sessions held at various locations. 410 E.

Washington

Parking Availability: Free, nearby

On Bus: No

Contact

Cindy Parsons

319-337-9659

cparsons@icialaw.com

www.projectgreen.org

History

Iowa City Genealogical Society (ICGS)

Johnson County Chapter of the Iowa Genealogical Society. The ICGS is incorporated as a charitable organization supported by volunteers. The organization is funded by dues and the sales of ICGS Publications.

Record resources available at the State Historical Society of Iowa Library and the Iowa City Public Library. Classes available at Kirkwood, Senior Center, and public library. Contact the ICGS for meeting information.

Membership

Not required to attend meetings. Guests are welcome.

Contact

Iowa City Genealogical Society
Attn: Corresponding Secretary
PO Box 822
Iowa City, IA 52244-0822

State Historical Society of Iowa Library & Archives

Open to the public: 9AM – 4:30 PM, Tuesday through Saturday. Closed Sunday, Monday and official state holidays and on any Saturday which precedes a Monday or follows a Friday holiday.

The archives, photograph, and manuscript collections are closed in the morning and on Saturday, unless arrangements are made in advance. Arrangements can be made to use archival material in the morning and on Saturdays by requesting the needed material from an archives staff member a day in advance.

Location

401 Iowa Av, Iowa City

Contact

319-335-3916
www.iowahistory.org

Museums & Fine Arts

Herbert Hoover Presidential Library- Museum

The Museum tells the story of the life and times of Iowa's only president. The museum sits on the grounds of the Herbert Hoover National Historic Site. The site features Herbert Hoover's birthplace cottage, a working blacksmith shop, Quaker Meeting House, schoolhouse, and Herbert and Lou Henry Hoover's gravesites. Exhibits in the large temporary galleries change three times a year.

Cost:

Ages 16-61, \$6; 62 and older, \$3; under 16, free

Location

210 Parkside Dr, West Branch, IA
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

319-643-5301
hoover.library@nara.gov
www.hoover.archives.gov

Iowa Children's Museum

The Iowa Children's Museum is a safe, rich learning environment for families with children ages birth to twelve. It's a special place where children and adults can retreat from their busy schedules and experience quality time together creating memories that last a lifetime.

The Iowa Children's Museum offers permanent and changing interactive exhibit environments where children 'play to learn' about diverse concepts important to their development. Parents, caregivers, and educators are provided unique resources encouraging them to become actively involved in their child's learning process.

(Cont'd pg 22)

Our exhibits are rich with unique hands-on educational components that promote the active exploration, problem solving, and discovery that lead to learning. Most importantly, the act of play is respected and valued by museum staff and volunteers as a critical aspect of childhood that leads to healthy, happy adults.

Membership: Optional

Other fees: \$6.00 admission - \$5 for Seniors.

Location

1451 Coral Ridge Av, Coralville, IA
Parking Availability: Free, handicapped accessible
On Bus: Yes

Contact

Fran Jensen, Director of Development & Marketing
319-625-6255
www.theicm.org; askicm@theicm.org

Plum Grove Historic Home of Governor Lucas

Home of Iowa's first territorial governor, Robert Lucas and his wife, Friendly. The seven-room Greek Revival house was constructed with local red brick and has been restored with pieces representative of the 1844-53 period. Open from Memorial Day through Labor Day Wednesday - Sunday from 1 to 5 PM and Labor Day through October 31 - Saturday and Sunday from 1 to 5 PM. Docents lead tours through the house.

Cost:

Free

Location

1030 Carroll St, Iowa City, IA
Parking Availability: Free, handicapped accessible
On Bus: Yes

Contact

Leigh Ann Randak
Johnson County Historical Society
319-351-5738
www.iowahistory.org/historic-sites/plum-grove/

State Historical Society/Iowa

Source of historical information on old newspapers, old Iowa census, old Federal census, Iowa Plat maps, Civil War roster.

Membership:

Optional; materials fees may apply

Location

402 Iowa Av, Iowa City IA 52240-1806
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

319-335-3916
www.iowahistory.org/

UI Athletics Hall of Fame

The ultimate fantasy of a fan of the Iowa Hawkeye: Photos, biographies, interactive displays, Nile Kinnick's Heisman Trophy...and more. Three floors of black-and-gold memories, the UI Athletics Hall of Fame is a must-see destination for all friends and fans of the intercollegiate athletics program at the University of Iowa. Interactive exhibits and audio clips. Meeting and reception facilities, group tours.

Cost:

Adults, \$4; Students and seniors, \$3; Children 12 & under free

Location

Melrose Av and Mormon Trek Blvd, Iowa City
Parking Availability: Free, handicapped accessible
On Bus: Yes

Hours:

Mon-Fri, 11-6, Sat 10-6, Sunday Noon-5PM
(Cont'd pg 23)

Contact

1-866 IOWA FAME or 319-384-1031
 halloffame@hawkeyesports.com
 www.hawkeyesports.com

UI Medical Museum

The UI Medical Museum serves as an educational resource focusing on the progress of medicine and patient care and emphasizing the major role of University of Iowa Hospitals and Clinics in these advances. The study of health in Iowa illustrates the history of medicine and the health sciences. Through rotating and traveling exhibits of photographs, artifacts, and "hands-on" activities, visitors can view the advances in patient care from the time of the ancients to the present day. The Museum also sponsors periodic lectures and discussions open to the general public on topics related to current exhibitions, on the history of health care, and on medical and ethical issues.

Cost:

Free and open to the public

Location

University of Iowa Hospitals and Clinics. Located in the Patient and Visitor Activities Center – 8th Floor, John W. Colloton Pavilion (Elevator F).
 Parking Availability: Ramp, handicapped accessible
 On Bus: Yes

Hours:

M-Fri 8AM-5PM, Sat-Sun 1-4PM

Contact

Adrienne Drapkin, Director, Project Art/Medical Museum, University of Iowa Hospitals and Clinics
 Adrienne-drapkin@uiowa.edu
 319-356-7106
 www.uihealthcare.com/medmuseum

UI Museum of Art (UIMA)

In the 1960's, Owen & Leone Elliott offered to give their art collection to the U of Iowa if a museum were built to house it along with

the small art collection the University already had. Over 2000 people from across Iowa donated to the building campaign. The original building opened in 1969. In 1976, a major addition was made, funded by Roy Carver, of Muscatine, IA.

Beginning in 1979, C. Maxwell & Elizabeth Stanley donated over 600 outstanding works of African art to the Museum. Today, the UIMA houses over 14,000 works of art, including major collections of European and American Art. It has one of the country's most important collections of African art. Visitors can also view traveling exhibitions and selections from the museum's permanent collections.

Free tours, exhibits, and events.

Membership

Free for Museum Docents

Volunteers:

Museum Docents require training including attendance at weekly lectures September - May.

Museum Offices

1375 Hwy 1 West
 1840 Studio Arts Building, Iowa City, IA

UIMA@IMU (Permanent Collection): 3rd Floor, Iowa Memorial Union, 125 N Madison St, Iowa City, IA. Call for information. This museum has been affected by major flood damage.

Parking Availability: Yes, metered, handicapped accessible
 On Bus: Yes

Contact

Dale Fisher, Curator of Education
 319-335-1730
 dale-fisher@uiowa.edu, or
 319-335-1727
 uima@uiowa.edu; uima.uiowa.edu

UI Museum of Natural History

The museum, first established in 1858, exhibits three major galleries focused on the natural science and natural history of Iowa and the Midwest. Free tours available.

Membership

Free

Location

McBride Hall, corner of Clinton & Jefferson St on the Pentacrest of the UI campus
Parking Availability: Free, 2 blocks, handicapped accessible
On Bus: Yes

Contact

319-335-0480
uimnh@uiowa.edu
www.uiowa.edu/mnh

Music

Chamber Singers of Iowa City

Comprised of approximately 60 community members who share a love of singing. Three classical choral concerts presented annually.

Membership

Yes; Annual auditions.

Costs:

2011-12 season ticket: Adult, \$30; Seniors, \$20
Single Tickets: Adult, \$17; Seniors, \$14;
Students, \$5

Location

Concert locations vary; see webpage

Parking Availability: Parking nearby handicapped accessible

Contact

Marilyn Thompson, Co-President
319-535-0150
info@icchambersingers.org
www.icchambersingers.org

Drum Circle with the Yahoo Drummers

Open to all, instruments provided. Meets first Wednesday of the month, 7PM.

Membership

None, Open to all
Other Fees: No

Location

Unitarian Universalist Society
10 S Gilbert St Iowa City
Parking Availability: Free, nearby, handicapped accessible
On Bus: Yes

Contact

Cliff Missen, Davey Collins, Carol Severino
cliff@yahoodrummers.com;
davey@yahoodrummers.com
carol@yahoodrummers.com
www.yahoodrummeres.com

Early Keyboard Society of Iowa City

Performances held at University halls, three free concerts yearly.

Membership

Yes - \$20 membership, Students \$10

Location

Occasional meetings for members and guests call for details.

Parking Availability: Free, nearby, handicapped accessible

On Bus: Yes

Contact

Martha Ollivier, Secretary/Treasurer
Alice Davison, President
319-337-3681, 319-338-4695
alice-davison@uiowa.edu
www.iceks.org

Friday Night Concert Series

Free community event featuring local area musicians and groups.

Events:

Iowa Arts Festival - first weekend in June (June 1-3, 2012)

Iowa City Jazz Festival - first weekend in July (June 29-July 1, 2012)

Downtown Saturday Night - weekends May - September (May 19 - Sept. 1, 2012)

Sand in the City - mid-August (August 10-12, 2012)

Free Movie Series -- mid June to mid August on the UI Pentacrest (June 9 - August 11, 2012)

Location

Performances on the Ped Mall, downtown Iowa City; May-Sept

Parking Availability: Free, nearby, handicapped accessible

On Bus: Yes

Contact

Summer of the Arts

319-354-0863

info@summerofthearts.com

www.summerofthearts.com

Mailing address: PO Box 3128 – Iowa City, IA 52244

Friends of Old Time Music

Meetings are Tuesday evenings after 8 PM at the Hilltop Tavern. Fiddlers' Picnic is held annually in September at the Johnson County Fairgrounds.

Cost:

Free, fee of \$5 entrance to attend the Fiddlers Picnic

Location

Meets at Hilltop Tavern, 1100 N Dodge St, Iowa City

Parking Availability: Free spacious parking lot, handicapped accessible

On Bus: Yes

Contact

Mike Haverkamp

319-337-7180

<http://www.fiddlerspicnic.org/index.html>

Iowa City Community Band

Open to all ages interested in music.

Membership:

Open to all

Location

Rehearses at West High – 2901 Melrose Av, Iowa City

Performs at various locations in the community
Parking Availability: Yes, handicapped accessible

On Bus: Yes

Contact

Bob Brady, Director

319-351-1256

iccommband@aol.com

Iowa City Community String Orchestra

Purpose: non-professional enjoyment of music. Formed 29 years ago. Performances are at various locations.

Membership:

Open to all; 40 per semester

Location

Meets at various locations, currently Preucil School of Music, 2916 Northgate Dr, Iowa City, IA.

Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Carey Bostian, Director

319-338-0307

Iowa City New Horizons Band

Three levels of expertise available to suit individual abilities:

- New Horizons Concert Band meets Tues/Thurs mornings; (Open to persons 50 and older)
- Intermediate and Beginner's Linn St Band meets Monday evenings, no age minimum. Performances held at various locations.
- Senior Center Ensembles Tues/Thurs, 8:30 - 9:15AM - full band 9:30-10:30AM (28 S Linn St Iowa City, IA)

Membership

New Horizons Concert Band requires Senior Center membership

Other Fees:

Band Tuition Fees:

- \$65 for Spring & Fall semesters; \$30 for Summer
- Beginner/Intermediate Linn St Band fees, \$35 for each Spring & Summer semester, no Senior Center membership required

Location

Rehearsals: 28 S Linn St – Iowa City
Parking Availability: Ramp nearby, handicapped accessible
On Bus: Yes

Contact

Erin Wehr, Director, Ph.D. Visiting Assistant Professor of Music Education
erin-wehr@uiowa.edu
www.iowacitynhb.org

Metro Mix Chorus (Sweet Adelines Women's Chorus)

Open to women over age 16 unless attached to a member. Must pass the audition. Singing and performing for personal enjoyment and public entertainment. Weekly meetings and practice. Singing a four part a cappella harmony barbershop style for public performance, personal growth, and competition.

Membership:

\$30 a month with additional costs

Location

Clarion Hotel & Convention Center
Meets Mondays at 7:30- 10 PM
Parking Availability: Free, handicapped accessible

Contact

Beverly Hamilton, Director
319-364-4685
metromixchorus@aol.com
bhamilt3@mchsi.com
www.metromixchorus.org

Music in the Park

Held June-August in conjunction with the Coralville Farmer's Market (Mon/Thurs). Food is usually available. Features local musicians.

Location

S. T. Morrison Park, 5th St, Coralville
Parking Availability: Free, handicapped accessible
On Bus: Yes

Contact

Scott Prochaska, Recreation Superintendent
319-248-1750
sprochaska@ci.coralville.ia.us
www.coralville.org

Old Capitol Barbershop Chorus

Open to male singers; no age limit. Thursdays 7:30-9:30PM

Membership:

Yes, contact Assistant Director for information.

Location

Robert Lee Rec Center
220 S Gilbert St Iowa City, IA
Parking Availability: Yes, handicapped accessible
On Bus: Yes
(Cont'd pg 27)

Contact

Chad Knipfer, Director
 319-321-6788
 chad@knipfer.org
 www.oldcapitolchorus.com

The QUIRE: Eastern Iowa's GLBT Chorus

Open to GLBT persons and others also. No audition required. Seniors are welcome. Rehearsals Sundays at 6 PM.

Membership:

Yes, \$80 per year- for cost of printed music. Fee can be waived if a hardship exists.

Location

Zion Lutheran Church, 310 N Johnson St, Iowa City
 Parking Availability: Free, handicapped accessible
 On Bus: Yes

Contact

Emily Ware, Board Chair; Audra M. King, Manager
 eiquire@gmail.com
 www.thequire.org
 PO Box 1101, Iowa City, IA 52244

University of Iowa Alumni Band

Performs at UI Homecoming halftime show

Parking Availability: Yes, handicapped accessible

On Bus: Yes

Contact

319-335-3294 or Toll Free, 800-469-2586
 Alumni-reunions@uiowa.edu
 Visit the Hawkeye Marching Band Home Page
 www.iowalum.com/band
 Mailing address: UI Alumni Association 100 Levitt Center Iowa City, IA 52242

Voices of Experience

Open to anyone 50 and older and "who loves to sing." Practices weekly Tuesdays & Thursdays. Performances at the Senior Center and other venues in the community. Some small group performances, as well.

Membership

Senior Center membership required. Cost varies depending on residency. Scholarships available, call for details.

Location

28 S Linn St, Iowa City, IA
 Parking Availability: Free, nearby, handicapped accessible
 On Bus: Yes

Contact

Iowa City/Johnson County Senior Center
 319-356-5220, or
 Dr. Mary Cohen
 mary-cohen@uiowa.edu
 319-335-3030

Nature

Coralville Lake

Run by the US Army Corp of Engineers. Activities include birding, camping, Classes, Field Trips, Devonian Fossil Gorge, Hiking Trails, Hunting and Fishing, Mountain Bike Trail and picnic shelters.

Other fees: Fees for camping; license needed for fishing.

Location

2850 Prairie Du Chein Rd NE, Iowa City
 Parking Availability: Varies, handicapped accessible varies
 On Bus: Varies

Contact

Kathy Atkinson
 319-338-3543 Ext. 6301
 kathryn.S.Atkinson@usace.army.mil
 www.reserveusa.com

Coralville Lake & Devonian Fossil Gorge

Arrived 375 million years ago – and you can see it today. Visitors can walk over acres of Devonian Age sea floor (made visible by erosion from 1993 flood) and get a firsthand look at fossils normally hidden from view.

Cost:

Free, Open dawn to dusk

Location

2850 Prairie Du Chein Rd NE, Iowa City
Parking Availability: Yes, Handicapped Accessible
On Bus: No

Contact

319-338-3543, Ext. 6300;
kathryn.s.atkinson@usace.army.mil
www.coralvillelake.org;

F.W. Kent Park

Enjoy recreation, camping, swimming, hiking, fishing, and nature classes. Newsletter available.

Membership

None

Other Fees: Fees apply for camping or swimming. No swimming fees – swim at your own risk. Camping – electric \$15, non-electric \$10

Location

2048 Hwy 6 NW, Oxford, IA

Contact

Harry Graves, Director
319-400-1270
hgraves@co.johnson.ia.us
conservation@co.johnson.ia.us
www.johnson-county.com/
conservation/publicUse/kent_park.shtml

Fishing in Johnson County Area

All have boat ramps, picnic areas, beach, trails, playground, restrooms and camping. Boat

rental at Lake MacBride.

Cost:

State fishing license required age 16+; fee for camping, swimming

Location

Various locations. Coralville Reservoir- 4 miles north of Iowa City; Lake Macbride – 4 miles west of Solon; Kent Park 2.5 miles west of Tiffin
Parking Availability: Varies, handicapped accessible

Contact

Iowa Department of Natural Resources (DNR) or staff on site

Iowa City Bird Club

Newsletter, field trips to various locations, meetings.

Membership

\$15/year; \$10/year student fee
All activities open to non-members

Location

Grant Wood AEA
200 Holiday Rd, Coralville, IA
On bus line: yes
Parking available: free, handicapped accessible

Contact

Karen Disbrow, President
319-430-0315
K_disbrow@yahoo.com
www.icbirds.org

Izaak Walton League of Johnson County

Environmental group, outdoor recreation interests. Also teach hunter safety.

Membership:

Yes
(Cont'd pg 29)

Location

4044 Izaak Walton Rd SE, Iowa City
 Parking Availability: Free, handicapped accessible
 On Bus: No

Contact

319-338-5385
 Lauren: 319-626-2627

Johnson County Heritage Trust

Mission is to preserve our natural heritage through protection and management of land and water with significant environmental value. We own eight properties and hold 11 conservation easements in Johnson County.

Events are held throughout the year:

- We host two Family Days: One in May and one in September - call for details.
- Our Annual Meeting, held in April, begins with social time. It is held at the North Ridge Pavilion in Coralville.
- Annual fundraising auction (gala), *Under a Cider Moon . . . a Celebration of Autumn* to be held in October at The Celebration Farm in Iowa City.

Volunteers wanted in various areas.

Membership

Available – support levels range from \$10 to \$500.

Location

320 Kirkwood Av, Suite #2, Iowa City

Contact

Tammy Richardson, Executive Director
 319-338-7030 or 319-310-5215
 info@jcht.org
 www.jcht.org
 Mail Address: Johnson County Heritage Trust
 320 Kirkwood Av, Suite #2
 P O Box 2523, Iowa City, IA 52244-2523

Pheasants Forever

Pheasants Forever (PF) is a non-profit organization dedicated to the protection and enhancement of pheasant and other wildlife populations through habitat improvement, land management, public awareness, and education.

Membership

\$35 for individuals age 18 & older

Location

Call for information. Events include an annual banquet and other educational venues dealing with wildlife habitat development.

Contact

Tom Fuller, Johnson Co. Pheasants Forever
 319-828-2050, cell 319-321-9775
 tfuller@pheasantsforever.org

Sierra Club

Various Activities year-round are put on by the Iowa City Area Group of the Sierra Club. Quarterly executive committee meetings are held to plan events for the year and discuss contemporary environmental issues. Frequent outings (hikes) in the area and statewide. Programs featuring guest speakers. Quarterly Newsletter. Focus of Sierra Club is to preserve, protect and enjoy the great outdoors.

Membership:

Membership \$25 for Introductory/Individual, Regular membership is \$39. Senior membership is \$24 annually.

Location

Meeting locations vary. Call for details.
 Parking Availability: Free, handicapped accessible
 On Bus: Yes

Contact

Mike Carberry – Group Chair, Iowa City area
 319-338-8820

michaelcarberry@hotmail.com

www.iowa.sierraclub.org/icag/contacts.html

(Cont'd pg 30)

2029 Friendship St, Iowa City, IA 52245
Mailing address of the national organization:
The Sierra Club, PO Box 52968, Boulder, CO
80322-2968

Songbird Project

The Songbird Project organizes and conducts educational programs for school students and the general public on birds, bird life, and bird habitat, with special emphasis on increasing awareness of the role birds play in healthy and well-balanced ecosystems.

We also conduct field programs to involve people in direct efforts to enhance bird populations and habitat in Johnson County. The Althea R. Sherman Project is a special project involving the restoration of the historic Sherman Chimney Swifts Tower. For information on this project, contact Project Director Barbara Boyle at: 4althea@windstream.net.

The Songbird Project seeks volunteers for all its activities and programs - especially monitoring active purple martin colonies and bluebird trails in the Johnson County area.

Membership

Programs are always free. Donations willingly accepted.

Meetings

No regular meetings at this time
On bus line: no
Parking available: free
Handicapped accessible: yes

Contact

Jim Walters, President
319-466-1134
jcmwalt@infionline.net

Thornberry Off- Leach Dog Park

Dogs may frolic in the park off-leash.

Cost:

Annual permit or daily pass required. \$25/yr.

Location

Located in Peninsula Park at West end of Foster Rd. Take Foster Rd west off Dubuque St
Parking Availability: Free, handicapped accessible

On Bus: No

Contact

www.jcdogpac.org

Organizations

AARP of Johnson County, Chap 1816

Monthly meetings provide educational programs, legislative advocacy for seniors, information, and free literature on senior services, monthly mailings, and newsletter. Social events at holiday times.

Membership:

Local chapter membership is \$4 a year and is separate from membership in National AARP. Targets persons aged 50 & older.

Location

Meets 1st Monday at 1:30 PM– Iowa City and other areas around Johnson County.
Parking Availability: Ramp, handicapped accessible
On Bus: Yes

Contact

Eve Casserly
319-351-1135 or call 1-866-554-5378
www.aarp.org
State AARP office: 1-866-554-5378
National AARP: 1-888-687-2277

Cosgrove Institute

For all ages. Meetings 1st Monday of the month at the Institute at 7PM. Principal activity is to restore the building, fundraising for the disabled, and college scholarships, community building for the senior citizens. Rental of space available for wedding receptions, family reunions, etc.

(Cont'd pg 31)

Membership:

No

Location

2009 400th St SW, Oxford, IA
Parking Availability: Free, handicapped accessible
On Bus: No

Contact

Stan Thompson and Maurice Pitlick
319-683-2822; 319-828-4164

Council for International Visitors to Iowa Cities

Host international visitors and promote international relations.

Membership

Individual \$25; Family \$45; Sustaining \$100; Diplomat \$500

Location

1111-17 University Capitol Center (International Programs)
Parking Availability: Yes, handicapped accessible; minimally
On Bus: Yes

Contact

Dave Tiffany, Executive Director.
319-335-0351
civic@uiowa.edu
www.internationalcorridor.org

Democratic Party of Johnson County

Currently we are meeting at Grant Wood AEA on Holiday Road in Coralville. All ages are welcome.

Membership:

No

Location

Meeting locations vary. Call for information.
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Terry Dahms, Chair Jo Co Dems
319- 337-VOTE
www.jcdems.org

Eagles Aerie #695

Meets 1st and 3rd Tuesdays. Organized 1904. Associated with Grand Aerie F.O.E. Focus on service projects. People helping people.

Membership:

Available

Location

225 Hwy 1 West, Iowa City
Parking Availability: Free, handicapped accessible

Contact:

eagleslodge@qwestoffice.net
www.foe.com/iowa/iowacity

Elks Lodge

Meets 1st and 3rd Mondays. Organized 108 years ago. Major projects include scholarships, summer camp for youth, Veteran's hospital, Hospice support. Has 9-hole golf course and swimming pool for members.

Membership:

Yes

Parking Availability: Free, Handicapped Accessible

Location

637 Foster Rd, Iowa City

Contact

319-351-3700
elks590@elks590.org
www.elks590.org;

Heritage Area Agency on Aging

Sponsor and funder of multiple programs in Area 10 (includes Johnson County). Funding from the Older Americans Administration, the
(Cont'd pg 32)

Iowa Dept of Elder Affairs, and local service programs. Consumer participation invited in many volunteer capacities.

Location

Kirkwood Community College
6301 Kirkwood Blvd SW, Cedar Rapids
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Ingrid Wensel, Director
319-398-7030; 319-310-5215
www.heritageaaa.org

Humanities Iowa

Mission is to promote understanding and appreciation of the people, communities, cultures, and stories of importance to Iowa and the nation.

Membership:

Free

Location

University of Iowa, 100 Library, Room 4039,
Iowa City, IA
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Christopher R. Rossi, Executive Director
319-335-4153
c-rossi@uiowa.edu
info@humanitiesiowa.org
www.humanitiesiowa.org

Iowa City Foreign Relations Council (ICFRC)

Luncheons typically once per week during the semester. Speakers address the Council on a wide variety of international topics. Email to request luncheon announcements.

Membership

Membership dues welcome but not required to attend.
Luncheon costs: \$8 for members, \$9 for non-members

Location

Meets at Congregational Church, 30 N Clinton St, Iowa City
Parking Availability: Limited street parking available, handicapped accessible
On Bus: Yes

Contact

Karen Chappell, Executive Director
319-335-2823 or 319-335-0351
icfrc@uiowa.edu
www.internationalcorridor.org

Iowa Women's Foundation

Expanding Opportunities for Iowa's Women and Girls" "What IF we invested in the DREAMS of girls and the power of women?"

Events:

- Women's Foundation Showcase (generally two events per year)
- Women's Foundation Spotlights (2-3 times yearly – educational programs)
- Women's Foundation Run Like A Mother (4 mile walk/run in May)
- Women's Foundation Annual Grant Awards Luncheon (Sept fundraiser)
- Women's Foundation Volunteer activities (many varied throughout year)

Women of all ages welcomed. ***Call or Website for current events***

Cost:

Free

Location

220 Lafayette St, Ste175, Iowa City, IA
Parking Availability: Free, handicapped accessible
On Bus: Nearby

(Cont'd pg 33)

Contact

Dayna Ballantyne
 319-337-4222, 1-888-488-4293
 info@iawf.org
 www.iawf.org

Johnson County Livable Community for Successful Aging Policy Board (JCLC)

JCLC is an initiative of the County Board of Supervisors operating under the Department of Social Services. The Policy Board's mission is to help Johnson County become a livable community where everyone can age successfully.

Membership: the Board of Supervisors appoints Policy board members. Community volunteers are invited to serve on JCLC's action teams or committees – these include: housing, transportation, GLBT visibility, fall prevention, aging in place, communication, and development.

Policy Board meetings (Open to public)

Time: 2:30-4:30 PM

Date: 2nd Tuesday of every other month

Location

Johnson County Health & Human Services Building, 855 S Dubuque St, Iowa City, IA
 On bus line: yes

Parking availability: ramp nearby

Handicapped accessible: yes

Action Team & Committee Meetings

Information available on website

Contact

Johnson County Social Services
 319-356-6090
 johnsoncounty@livablecommunity.org
 www.LivableCommunity.org

Johnson County Retired School Personnel Association

Membership open to anyone retired from an educational institution, in any capacity, and receiving IPERS. Meetings held at 9 AM the 4th Wednesday of Sept-Nov & Jan-May. Meetings include coffee, business meeting, and programs of interest. Affiliate of Iowa Retired School Personnel Assoc. (IRSPA)

Membership:

\$16 per year dues (\$12 for state membership and \$4 for local association membership)

Location

Meetings at Iowa City/Johnson County Senior Center, 28 S Linn St, Iowa City

Contact

Dawn Rogers- Secretary
 319-339-0050
 dcrogers@avalon.net
 Sharon Raffensperger, Treasurer
 319-351-6995
 jsraff@avalon.net
 Terry Smothers, President
 319-358-8515
 ann-smothers@uiowa.edu
 www.IRSPA.org
 Mailing Address: D. Rogers at 3703 Rohret Rd,
 Iowa City, IA 52246

Johnson County Task Force on Aging

The Johnson County Task Force on Aging is a member Task Force of the Heritage Area Agency on Aging. It provides educational programs on matters of concern for senior citizen welfare. Members serve as advocates for seniors in Iowa, and participate in lobbying efforts with local, state and national government. The Task Force also provides representation on the Heritage AAA Advisory Council.

Membership

Free; activities open to the public

(Cont'd pg 34)

Location

Meets 2nd Monday of the month, 1 PM for a business meeting and 2 PM program. The location varies by month.

Parking Availability: Yes, ramp, handicapped accessible

On Bus: Yes

Contact

1-800-332-5934

KELLIOT@kirkwood.edu

www.heritageaaa.org

Johnson County United Nations: The Iowa United Nations Association

Focuses on youth, young adult, and senior citizen educational programming. Also focuses on humanitarian drives and fundraising for campaigns like UNICEF, the Tap Project, Nothing but Nets, and UN Women. Offers some lectures. Open to the public.

Membership:

Yes, open to the public. \$25 first time membership fee, \$40 after that

Location

20 E Market St, Iowa City (Old Brick)

Parking Availability: Yes, handicapped accessible

On Bus: Yes

Contact

Yashar Vasef, Executive Director

3 19-337-7290

unaiowa@unaiowa.org

www.unaiowa.org,

Mercy Hospital Guild

Most activities are centered at Mercy Hospital. Under staff direction, volunteers provide direction, comfort and assistance to patients and to their family members. Special arrangements will be made for disabled individuals and, for that reason, those with handicaps are encouraged to participate.

Membership:

\$10 annual fee or \$100 for lifetime

membership. Open to all interested persons.

Location

Mercy Hospital, 500 E Market St, Iowa City

Parking Availability: Ramp, handicapped accessible; Free ramp parking for volunteers.

On-street parking.

On Bus: No

Contact

Carol Ebinger – Volunteer Services Coordinator

319-339-3659

Moose Lodge

Activities include dinners, dances, special events. Have meeting rooms available. Also raise funds to help children. Meetings are for members only.

Membership:

Yes

Location

3151 Hwy 6 East, Iowa City

Parking Availability: Yes, handicapped accessible

Contact

319-354-8883

iowacitymoose@qwest.net

iowacitymoose.org

PO Box 26 Iowa City, IA 52244;

National Assoc. of Active & Retired Federal Employees #0878.**Membership:**

Open to retired federal employees and active ones.

Location

Varies

Contact

Mary E. Carter, Director

319-723-4335

marycarter52766@yahoo.com

PO Box 185

Nichols, IA –52766- 0185

National Organization for Women Iowa City Chapter

Usually meet monthly – Iowa City Public Library
or a local restaurant

Membership:

\$35/year membership

Location

The group meets at varying locations.

Parking Availability: Yes

On Bus: Varies

Contact

Jorie Slodki

jrslodki@gmail.com

www.iowanow.org/

Seniors Together in Aging Research (STAR)

Iowans aged 50 and older are invited to participate in a volunteer research registry. The STAR registry offers opportunity to learn about the research process at the UIL and to receive information about healthy aging and University of Iowa research studies for adults. Many of the programs provide compensation.

Participation in this registry and any research study is voluntary. People with medical problems, as well as healthy people, are invited to be in the STAR Registry. Registry information is confidential.

Membership

No fee, but registration required for the Registry; compensation available for some studies

Location

Center on Aging Studies
University of Iowa campus

To request an information packet

Email coa-star@uiowa.edu. Be sure to include your name and mailing address. Or, call 319-335-7569, toll-free 866-393-4603

Contact

Linsey Abbott

319.384-4221

linsey-abbott@uiowa.edu

www.centeronaging.uiowa.edu/star.shtml

The WiderNet Project

This is an independent nonprofit project based at UI that works to improve digital communication in developing countries. Current focuses include Africa, India, disability rights, correctional (prison) education, and K12 education. Close ties and connections with Nigerian universities and organizations with focus on the improvement of educational communication systems in Africa by providing faculty and students with access to computers, email, and the Internet alternative, eGranary Digital Library. The WiderNet Project needs volunteers in various areas including:

- Knowledgeable computer hardware people to test and prepare donated equipment with minimal assistance from staff.
- People with expertise in specific areas (particularly, but not only the above focuses) to add to the digital library we distribute.
- Seek out, organize and coordinate volunteers.
- Data entry related to our Web site and internal systems.
- Trained database programmer to help maintain our SQL databases.
- Business-savvy person interested in assisting with grant writing, fundraising, and publicity for a non-profit.

Location

University of Iowa campus

201 Communications Center, 116 S Madison St

Contact

Cliff Missen, Director

319-335-2200

volunteer@widernet.org

www.widernet.org/volunteer/VolunteerSignUp/

Reading, Libraries & Literature

U of Iowa Alumni Association

The University of Iowa Alumni Association has served its members since 1867. With more than 57,000 members, our purpose is simple — to provide opportunities for UI alumni and friends to participate in the life of the University of Iowa. Membership is tax deductible.

Membership:

Yes, \$25 (new graduate); other graduate \$45 annual & up

Location

100 Levitt Center, Iowa City, IA 52242-1797
Parking Availability: Yes, Handicapped Accessible
On Bus: Yes

Contact

319-335-3294 or Toll Free: 800-469-2586
www.iowalum.com/

U of I Retirees Association (UIRA)

AKA *Gray Hawks*

Monthly programs offered September thru June, to promote interest and welfare of UI retirees.

Membership:

\$10 a year, open to retired UI Faculty/Staff

Location

Jefferson Building, 6th Floor – Iowa City (open part-time)
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

Ken Kuntz
ken-kuntz@uiowa.edu
319-887-5231

Bibliophiles of Iowa

For anyone with an interest in books or collecting, making, or preserving books.

Membership

None

Location

c/o Special Collections, University of Iowa Libraries

Parking Availability: Free, 2 blocks, handicapped accessible

On Bus: Yes

Contact

Greg Prickman, Head
319-335-5921
greg-prickman@uiowa.edu
www.lib.uiowa.edu/spec-coll/about/iabibliophiles/index.html

Friends of Coralville Public Library

Friends provide staffing for special events and hold periodic used book sales to raise money to support the library's projects and programs. Monthly meetings and an annual meeting held in April.

Membership

Form available at the library or may be download from the website

Location

1401 5th St, Coralville

Parking Availability: Free, handicapped accessible

On Bus: Yes

Contact

Dori Bulter, President
319-248-1850
dhbutler@kidswriter.com
friends.coralvillepubliclibrary.org

Friends of North Liberty Library

The Friends is a group dedicated to activities scheduled throughout the year, which help and support the library.

Membership

Fees range \$10/Student/Senior to \$100/ Special Friend. Friend \$20; Family Friend \$35; Business Friend \$50

Location

520 W Cherry St, North Liberty, IA
Parking Availability: Free, handicapped accessible
On Bus: No

Contact

Dee Crowner, Library Director
319- 626-5701
www.northlibertylibrary.org

Iowa City Public Library Friends Foundation

The Friends Foundation fund-raises on behalf of the ICPL. Volunteer opportunities with the Foundation are available for seniors in many areas.

Membership:

None

Location

123 S Linn St, Iowa City, IA

Parking Availability: Free, handicapped accessible

On Bus: Yes

Contact

Patty McCarthy, Development Director
319-356-5249
pmccarthy@icpl.org
www.icpl.org

North Liberty Community Library

The North Liberty Library, along with usual services, has a large collection of decorative cake-pans available for check-out.

Membership

Free Library Membership

Location

520 W Cherry St, North Liberty, IA

Parking Availability: Free, handicapped accessible

On Bus: No

Hours

Mon & Wed: 9AM-8PM
Tue & Thurs: 8AM-8PM
Fri: 9AM-5PM
Sat 10AM-5PM
Sun 1-4 PM (Labor Day to Memorial Day)

Contact

Dee Crowner, Library Director
319-626-5701
librldy@north-liberty.lib.ia.us
www.northlibertylibrary.org

Society of Children's Book Writers & Illustrators-Iowa Region

Pre-published and published writers and illustrators welcome. Members are all ages; many are teachers, college faculty, young mothers or fathers, parents and grandparents who love children's literature. The organization is based in Los Angeles and holds two major conferences annually, in New York and Los Angeles.

Membership

Not required, but members receive lower registration fees and are eligible for grants, awards and scholarships; membership is \$85 the first year & \$70 a year after that

Location

International and Domestic Regions consist of more than 22,000 members worldwide. Regional meetings are held in various locations across the state and attract attendees from all over the United States; the Iowa City/Coralville network holds meetings in public buildings,
(Cont'd pg 38)

primarily libraries. Editors, art directors, literary agents, authors and illustrators from the East Coast, West Coast and Midwest book regional meetings in hotels with conference rooms and sleeping rooms for Friday-Sunday events that are led.

Parking Availability: Yes, Always
On Bus: Varies

Contact

Connie Heckert
Regional Advisor, Iowa Region, Bettendorf, IA
Wendy Henrichs
Iowa City/Coralville Network Chair
319-339-7553
whenrichs5@yahoo.com
hecklit@aol.com
www.scbwi.org
www.scbwi-iowa.org

Theatre & Opera

City Circle Acting Company

Performances at Coralville Performing Arts Center. Auditions/volunteer opportunities posted on our website.

Costs:

Not required to volunteer. Circles of Support - \$25 and up

Location

c/o Coralville City Recreation Department
Parking Availability: Yes, handicapped accessible
On Bus: No

Contact

Box Office Manager
319-541-2980
info@citycircle.org
www.citycircle.org
Mailing Address: PO Box 5156, Coralville, IA
52241-0156

Englert Theatre

Performances: Contact for performance information. Call for free tours. Volunteers needed and welcomed in many roles.

Costs:

Admissions vary with performance; some reduced rates for seniors.

Location

221 E Washington St, downtown Iowa City
Parking Availability: Ramp, 2 blocks, handicapped accessible
On Bus: Yes

Contact

Katie Roche, Development Director
Sarah Shonrock, Patron Services/Volunteer Coordinator
319-688-2653
info@englert.org
www.englert.org

Eulenspiegel Puppet Theatre

Non-profit organization to promote art of puppetry via performances & workshops. Contact for performance information.

Costs:

Admissions vary with performance – contact for details.

Location

319 N. Calhoun, PO Box 330, West Liberty, IA
52776
Parking Availability: Free, handicapped accessible
On Bus: No

Contact

Monica Leo, Director
319-627-2487
owlglass@avalon.net
www.puppetspuppets.com

Hancher Auditorium

UI's performing arts presenter

Cost:

Admissions vary with performance – contact for details.

Location

UI Campus, Box Office in Old Capitol Town Centre, Iowa City
Parking Availability: Yes, handicapped accessible
On Bus: Yes

Contact

319-335-1160 or 1-800-HANCHER –
www.hancher.uiowa.edu

Hancher Guild

Volunteer opportunities exist in the areas of Audience Development, Finance, Hospitality, Membership and Promotion, Showcase operations, Showcase Volunteers, Young Audiences, Newsletter. Meetings Tuesdays, 8:30 PM. Yearly Fiddlers' Picnic at the Johnson County Fairgrounds

Membership:

Yes; no cost for membership

Location

Meets at Hilltop Tavern, 1100 N Dodge St, Iowa City
Parking Availability: Free spacious parking lot, handicapped accessible
On Bus: Varies

Contact

319-335-1130
www.hancher.uiowa.edu

Iowa City Community Theatre

Three membership meetings per year; usually 6 shows per year. \$15 general admission \$13 Students/Seniors, \$10 children

Membership:

\$20. Not required to volunteer. \$10

Location

Johnson Co. 4-H Fairgrounds, Exhibit Hall
4265 Oak Crest Hill Rd, Iowa City
Parking Availability: Free spacious Parking lot, handicapped accessible
On Bus: Yes

Contact

319-338-0443
Board@iowacitycommunitytheatre.com or
office@iowacitycommunitytheatre.com
www.iowacitycommunitytheatre.com
4265 Oak Crest Hill Rd. SE, Iowa City, IA 52246

Opera Supers

Group supports three annual UI opera productions. Group enjoys special presentations by guest artists, vocal Masters classes, and potluck following celebration.

Membership

None

Location

Call for information
Parking Availability: Varies
On Bus: Varies by location

Contact

Susan Jones, UI Faculty in School of Music
susan-s-jones@uiowa.edu

Riverside Theatre

Classes offered/all ages; volunteers welcomed for filing, ushering, etc.

Theatre offerings include annual summer Shakespeare Festival in Lower City Park at the 472-seat outdoor theatre, and productions at the Gilbert St location, Sept-April each year.

Membership

Not required; Riverdog Pass available for admission to performances.

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Other Fees

Ticket discounts available for patrons aged 60 and older and 30 and younger. Group discounts also available.

Location

213 N Gilbert St, Iowa City
 Parking Availability: Yes, handicapped accessible
 On Bus: No

Contact

Box Office, 12-4PM M-F/One hour before each show
 319-338-7672
 info@riversidetheatre.org
 www.riversidetheatre.org

U of Iowa Division of Performing Arts

The Division of Performing Arts includes the School of Music, the Department of Theatre Arts, the Department of Dance, the Performing Arts Production Unit, and the outreach program Arts Share.

The Division produces more than 400 performances and events each year, including Music and Dance concerts, Main stage and Gallery Theatre productions, and special events. Special reduced admission rates are available for seniors, youth, and UI students. Many programs are free. Almost all Music productions are free.

Cost:

Admission fees range from free to \$26, but include special senior, youth, and UI student rates for Music, Theatre and Dance programs.

Location

Performance venues on the University of Iowa campus at various locations. See UI Master Calendar of events.
 Parking Availability: Yes, handicapped accessible
 On Bus: Yes

Contact

Music: music.uiowa.edu/
 Theatre: theatre.uiowa.edu/

Dance: dance.uiowa.edu/
 Division of Performing Arts:
 performingarts.uiowa.edu/
 319-384-2136

A current calendar of events is at:
 performingarts.uiowa.edu/
 In spring 2012, a new U Iowa Arts calendar website will go live at arts.uiowa.edu

Travel & Trips

Elderhostel

Elderhostel is a not-for-profit educational and travel organization for retirement-aged adults. There are three types of catalogs: US and Canada, International, and Adventures Afloat are published three times per year.

Costs:

Varies by trip

Location

Travel sites vary – worldwide; call, write or email for free catalog detailing available trips.
 Parking Availability: Varies, handicapped accessible
 On Bus: Varies

Contact

1-800-454-5768
 www.roadscholar.org
 Mailing Address: Elderhostel 11 Avenue de Lafayette, Boston, MA 02111

Hills Bank Friends Club

Membership:

Must be a customer

Fees: Costs vary by trip

Location

Travel sites vary – call for catalog

Contact

Any Hills Bank Location
 319-679-2291
 www.hillsbank.com

Midwest One Connections Club

Membership:

Must be a customer

Fees: Costs vary by trip

Location

Travel sites vary – call for information

Contact

319-356-5800
www.midwestone.com

Trips and Tours

Considers issues of Sherlock Holmes stories.
Travel sites vary, call for information.

Membership:

Senior Center membership not required for this activity. Costs vary by trip. Trips and Tours arranged by phone.

Other Fees: Costs vary by trip. Trips and Tours arranged by phone.

Location

Operates out of Iowa City/Johnson County Senior Center. 28 S Linn Street, Iowa City.

Contact

319-354-5277

UI Alumni Association/Iowa Voyagers

Membership:

Must be a member
Fees: Costs vary by trip

Location

Travel sites vary – call for information

Contact

1-800-469-2586
www.iowalum.com/voyagers/

U of I Credit Union/Prime Club

Membership:

Must be a customer
Fees: Costs vary by trip

Location

Travel sites vary – call for information

Contact

319-339-1000;
www.uiccu.org/personal/prime-club.html
Carol- 319-358-5600 for reservations

US Bank Silver Elite Club

Membership:

Must be a customer
Fees: Costs vary by trip

Location

Travel sites vary – call for information

Contact

319-356-9013

Windstar Lines Casino Tours

Casino trips only – convenient local pick-up sites with parking.

Membership

Free to \$70. Please see link for pricing and tours: www.gowindstar.com/casino-tours.html

Location

Travel sites vary – call for information

Contact

Amanda Quandt
1-800-553-4272
amanda@gowindstar.com
www.gowindstar.com/casino-tours.html

Veterans

Veterans Service Organization

Service activities include volunteering at the VA Hospital in Iowa City, sponsoring blood
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drives, we serve a Christmas dinner to area widows/widowers, provide funeral dinners, Lenten suppers and engage in many other activities.

Membership:

\$15 a year dues for members over the age of 18. Under the age of 18 \$5/year

Location

Meets 2nd Monday of each month at the Swisher American Legion (located behind DanceMor Ballroom)
Parking Availability: Free, handicapped accessible

Contact

Tammy Richardson, member
319-857-4741
tam4741@aol.com

Military Affairs Association

The Military Affairs Association was organized to increase public awareness and understanding of the need for national defense preparedness through recognition of the accomplishments and contributions of local veterans, active Iowa Army and Air Force National Guard personnel, active US Reserve personnel, Reserve Officer Training Corps (ROTC) members and active duty military personnel in and around Johnson County, Iowa.

The Military Affairs Association provides a wide range of support to local Memorial Day services, Fourth of July programs, Veteran's Day observances (including the Midwest's premiere Veterans Day Banquet), active duty military musical group performances, ROTC commissioning ceremonies, local National Guard and Reserve units mobilized for OIF/OEF and other active duties, and seminars for employers, families, and the general public on the benefits of military service and the benefits of employing members of the Guard and Reserve. We provide an interactive umbrella of veterans organizations that includes the University of Iowa Veterans Center, American

Legion posts, VFW, ARNG, USAR ROTC, AFROTC and the VA Hospital.

The Military Affairs Association conducts monthly meetings on the third Friday of every month except December beginning at 8 AM. Meetings are held at the Iowa National Guard Armory in Iowa City. Veterans, active members of the National Guard and Reserve components, ROTC members, active duty military personnel, and anyone interested in supporting the association are welcome to become a member and participate in association activities.

Membership:

Veterans and persons interested in joining may mail a check for \$25 for annual dues, payable to the Military Affairs Association to: Jim Dane 4507 Dane Rd SW, Iowa City, IA 52240.
Provides Funding: No
Provides Speakers: Yes

Location

Meets the 3rd Friday each month at the National Guard Readiness Center 4540 Melrose Av, Iowa City IA

Contact

Jim Dane, Treasurer
4507 Dane Rd SW, Iowa City IA
John Mikelson, President 2012
319-321-1387 (cell) 319-384-2020 (UIVA)
john-mikelson@uiowa.edu
111 Communications Center
University of Iowa, Iowa City, IA 52242

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