

COVID RECOVERY IOWA

Silver Linings: Older Iowans

Weekly Virtual Activities

**Mindful Monday @
10:30am**

Grab your coffee and start the week off with fun discussions about aging, safety, and more!

**Tuesday Morning Music
Break @ 10:30am**

COVID Recovery Iowa's resident musician is a singer-songwriter who performs original songs and a broad range of covers. Tune in for an entertaining and uplifting start to the day!

**Writing Wednesday @
10:30am**

We'll share various prompts for live journaling or for writing your life story as a legacy.

**Travel Thursday @
10:30am**

Join us for armchair travel as we visit interesting places across Iowa, the U.S., and abroad through slide shows and on-site tours.

Fun Friday @ 10:30am

We'll play games of Name That Tune, Trivia, Guess Who, and more!

Zoom Info: <https://bit.ly/3eKoRWH>

Meeting ID: 773 411 4443

Passcode: 809883

Call In: +1 312-626-6799

Facebook Group: www.facebook.com/groups/832399760933266

Contact Information:

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Department of
HUMAN SERVICES

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