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DES MOINES' 55-PLUS LIFESTYLE MAGAZINE



DECEMBER 2025 / JANUARY 2026

Holiday TRADITIONS

Unique celebrations
create shared
memories



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with the grandkids or by yourself

HOLIDAY RECIPE FAVORITES

Fantasy fudge and butterscotch peanut
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FROM THE PUBLISHER

There's nothing to do?

Many of us can recall being in our younger years and claiming to be bored. “There’s nothing to do,” we would exclaim. Mom would usually respond to that comment from me by putting a snow shovel or a vacuum in my hand. I learned the hard way.

Today, we know there are all kinds of things to do, even in the middle of an Iowa winter. This month, we share information on a number of events and activities you can get involved with during the next two months. Whether by yourself, with kids or grandkids, or with a group of friends, you can’t go wrong.

Of course, we also included our regular calendar of events in this issue, providing even more things to do. And, if all else fails, you can still shovel or vacuum.

TRADITIONS

As a young man, I never seemed to truly understand or appreciate traditions, especially around the holidays. That is likely because I was too young to even know what a tradition was. As the years zoomed by, I learned about the value and importance of traditions, and I now look forward to the activities our family seeks out each year during the Christmas season. Maybe, it is sentimental. Or, maybe it is the satisfaction in knowing what to expect. I am not sure, but I do know that traditions are now an important part of the Goodman holidays, and they clearly are for many of you, too, including the three families we feature in our cover story this month.

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Merry Christmas to you all, and thank you for reading SENIORVIEW. ■

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Holiday TRADITIONS

**Unique celebrations
create shared
memories**

By Jackie Wilson

Whether it is baking cookies, decorating the Christmas tree with twinkling lights, or lighting the Hanukkah menorah, these long-standing traditions bring people together and create shared memories.

Just as families are unique, everyone celebrates in his or her own way, adding distinct touches to the holiday season.

We share the stories of three Des Moines-area folks who explain how they celebrate the holiday season.

Michele Brown of Johnston holds up a plate of cookies for their annual cookie exchange.



Julie Marks lives in the Beaverdale neighborhood, which gets thousands of visitors each Christmas, viewing the colorful decorations and lighting displays.

BEAVERDALE LIGHTS UP THE NEIGHBORHOOD

Decorating for the holidays is a tradition for many, yet one neighborhood stands out rather brightly — the Beaverdale neighbors and those living on Ashby and Wallace Street in Des Moines.

This neighborhood is famous for lighting up dozens of homes in the area. Julie Marks is one of those homeowners who have been hanging, draping, clipping and checking lightbulbs, along with putting up colorful displays in front of her home.

When Marks realized she had a receptive audience with tens of thousands of people visiting her neighborhood, she pondered how take advantage of it. Why not do something good for charity?

She talked to her neighbors, yet nobody seemed interested or they lacked the time to help. Instead, she and her husband, Dale, took on the task and set up a fundraiser for the Food Bank of Iowa. In 2020, they collected \$7,000 in the first year for the food bank plus donated hundreds of pounds of food.

The following year, Dale became ill, yet he wanted to continue helping the Food Bank. They raised \$30,000 and, sadly, Dale passed away four days after Christmas. Yet, Dale realized and appreciated the many folks who stepped up to help see his mission accomplished.

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¹ acl.gov/ltc/basic-needs/how-much-care-will-you-need



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Since 2020, they have raised more than \$100,000 for the Food Bank.

A separate shed on her property stores lights and decorations. Marks puts up lights and decorations the second week of November, taking nearly a week to complete. She turns on the lights Thanksgiving night and keeps them on each evening until Dec. 29.

For a month straight, it is nonstop cars, buses, limousines, bicyclists and walkers stopping to look at the light display. All ages, including veterans groups, retirement communities and more, pause to snap photos.

“Kids are waving from the sunroof, and party buses are celebrating. It’s a festive event,” she says. “We have people from all over the world. Some are so excited and have never seen anything like it. We had someone live-streaming to family in Greece.”

Traffic often gets backed up by Hickman and Beaver. She avoids parking vehicles in the street. When she moved in, she was familiar with the lighting tradition.

“We always decorated our old house. We were excited to be a part of this when we moved here,” Marks recalls.

Marks sets up a QR code so folks can donate easily. Volunteers assist with collecting food and donations. Part of their lighting tradition is having Santa hand out candy canes at the end of her driveway. The candy cane operation is significant. Last year, they purchased 17 cases of candy canes. The cost of candy canes cost has recently doubled and people donated funds to purchase them. Candy canes are separated and put into buckets for Santa to hand out quickly.

Collecting money for the food pantry is important to Marks.

“When I was a young mom, I needed help. Times weren’t always easy,” she reflects.

With a lot of time invested, she loves Christmas and helping the Food Pantry.

“It was Dale’s wish when he was dying, to keep it going,” she recalls. “I like it. Whoever lives on this street better get ready for December.”



In addition to decorating her home for Christmas, Julie Marks collects food and money for the Food Bank of Iowa. Since moving in, she has collected more than \$100,000 for hungry Iowans.

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COOKIE EXCHANGE

Baking at the holidays is a treasured tradition. Specialty recipes, such as fudge, caramels and peanut brittle, are made and savored this time of year. Smudged recipe cards are handed down from generations and tucked away in tattered cookbooks.

With the busyness of the holidays, it can be difficult to fit in baking cookies and getting together with friends. One way to remedy that problem is to share cookies.

Elisabeth Buck and Michele Brown began hosting a cookie exchange about 32 years ago and have hosted every year (except during the COVID pandemic).

Buck says she and her cousin started the tradition. Her cousin read an article about women on the East coast who hosted a cookie exchange and thought it would be fun to try.

“Women are so busy decorating, buying presents and don’t have time to relax,” she explains. “We wanted to get together, have a glass



Michele Brown and Elisabeth Buck have hosted their annual cookie exchange for 31 years.

of wine and showcase our cookies and relax before the big push for holidays.”

Attendees are instructed to bring four dozen of the same cookies and an empty container. During the party, guests socialize with drinks, appetizers and a yule log. Then, everyone gathers around the

kitchen where the cookies are assembled. “We introduce ourselves and talk about our cookies,” Buck says. Some offer up new recipes, while others bring old favorites, such as chocolate star cookies and red and green decorated items. Both Buck and Brown



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reminisce about their favorite cookies.

“Cindy bakes phenomenal sugar cookies with beautiful icing,” Buck says.

Brown adds, “Mary brought bars with a cracker bottom layer along with caramel. It’s so simple, but I love them.”

Once it is time for the exchange, Brown “does the math” and figures out how many cookies each person takes based on the number of guests. Samples are encouraged, and, occasionally, a spouse might request a certain treat. Guests are happy to make those.

Buck and Brown have been friends for 40 years. The two were pregnant at the same time, so they watched each other’s kids grow up as well. After Buck’s cousin moved away, the pair hosted the event at Buck’s home, which contains a large kitchen area. Invitations are sent to friends of both women, and, over time, those women are now all friends.

As the women have gotten older, they have noticed the number of empty wine bottles have decreased.

“We’ve had up to 25 people and used to drink

through 10 bottles of wine. Now, it’s down to a few bottles,” Buck laughs.

Most of the time, the cookie exchange is held a few days before Christmas, so the cookies stay fresh for family gatherings.

“Our families are so excited to get them and pick the cream of the crop. I have more than enough cookies for my gatherings and have a beautiful array of cookies,” Brown says.

The duo will often make a handmade gift or provide a small token to the guests to thank them for attending. The cookie exchange is one of the highlights of the season.

“As women, we’re busy parenting, and we don’t always take a moment to spend time with those we love. I think women should think about activities to rekindle your energy and spirit,” Buck reflects. “It’s fun for me to plan the cookie exchange with Michele and our 40-year friendship.”

Brown says connecting with old friends is treasured, and the fresh cookies are a bonus.

“Sometimes this is the only time I see certain friends,” she reflects. “It’s a special time. It doesn’t cost a dime — other than the cookies you make.”

HANUKKAH TRADITION

Hanukkah is also another tradition celebrated by Jewish families during the holiday season.

Hanukkah (also known as Chanukah) is an eight-day Jewish holiday starting on Dec. 14 that celebrates religious freedom. Rabbi Yossi Jacobson of Des Moines says a small group of Jewish fighters defeated a large empire more than 2,000 years ago.

When the Jews rededicated the temple after the massacre, they found a small jar of oil to light the temple’s menorah. The oil was only supposed to last one day, but the jug lasted eight days and was considered a miracle. The menorah’s eight candles represent the eight nights. Each night, a candle is added to bring brightness into the winter darkness.

In addition, the oil was also used in consuming food, such as latkes, which are similar to donuts fried in oil.

Jacobson, who became a rabbi at age 23, opened up a kosher deli, Maccabees, not only to provide kosher food but to administer Jewish culture and

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spiritual guidance to Iowans. He says the Jewish community is like one big family.

“There are different synagogues, but we’re all the same,” he says.

Celebrating Hanukkah is important, yet it is not considered a major Jewish holiday. Rather, it is an historical ritual. Jacobson recalls how, as a child, his family gathered together when his great grandfather sang songs and lit the menorah.

“Grandpa would give us a dollar and a blessing,” he says.

One of the things that stands out today is that his great grandfather witnessed centuries of Jewish life.

“He saw four generations before him, and four after him — 300 years of Jewish life he was connected to. He realized how many people wanted to dominate and destroy us,” he reflects. “Yet, he lived the Torah way of life.”

A long-standing activity he was involved with as a child was playing with a dreidel. Long ago, when Jewish folks were not allowed to study their religion openly, kids would secretly learn Torah. If soldiers came by, they quickly hid their books



Jewish traditions including a menorah or a dreidel are part of a Hanukkah celebration.

and pulled out the spinning top, so it looked like the kids were just playing a game. Each side of the dreidel included a Hebrew letter, meaning “a great miracle happened here.”

Jacobson says watching his own family create memories is important in passing along his beloved traditions.

“Even in the darkest time, we can bring light. The menorah represents that,” he says. “We unite



Rabbi Yossi Jacobson holds a dreidel that is similar to one he played with as a child.

with the light. Every day is a miracle.”

Jacobson invites the public to attend a nightly menorah lighting with hot latkes starting Dec. 14 and running through Dec. 21 at Maccabee’s Kosher Deli. ■



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Couch theater

“WAKE UP DEAD MAN: A KNIVES OUT MYSTERY” (PG-13)

The third installment in director Rian Johnson’s “Knives Out” film series finally arrived on streaming the week on Dec. 12. Of course, Daniel Craig (“Queer”) busts out his beautiful southern drawl once again to reprise his role as detective Benoit Blanc, but this time around, he is far from the luxuries of a private island. In this latest case, he’s brought to the church of Our Lady of Perpetual Fortitude to investigate the death of Monsignor Jefferson Wicks (Josh Brolin), alongside law police chief Geraldine Scott (Mila Kunis). There’s an array of fun suspects played by an assortment of actors like Glenn Close, Kerry Washington, Jeremy Renner and Daryl McCormack. Deadline writer Damon Wise wrote that this installment might just be Johnson’s best one yet. (Netflix)



Courtesy of Netflix

From left, Mila Kunis, Daniel Craig and Josh O’Connor star in “Wake Up Dead Man: A Knives Out Mystery.”

“BUGONIA” (R)

Emma Stone seems to be director Yorgos Lanthimos’ muse at the moment as she reteams with the director for the fifth time for this black-comedy film based on the 2003 South Korean film “Save the Green Planet!” Stone plays Michelle Fuller, the CEO of a pharmaceutical corporation that is responsible for the clinical trial of a drug that leaves a woman comatose. The woman’s son, Teddy (a very gaunt-looking Jesse Plemons), believes that not only is Michelle responsible, but she is also an “Andromedan alien” who wants to take over the world. (I know, I know, but hang in there.) Teddy enlists help to kidnap Michelle, subsequently shaving her head and forcing her to arrange a meeting with her alien higher-ups. Although Teddy seems deranged, Michelle must play along with his outlandish claims in the chance that she can get back to her normal life. Out now to rent! (Apple TV+)

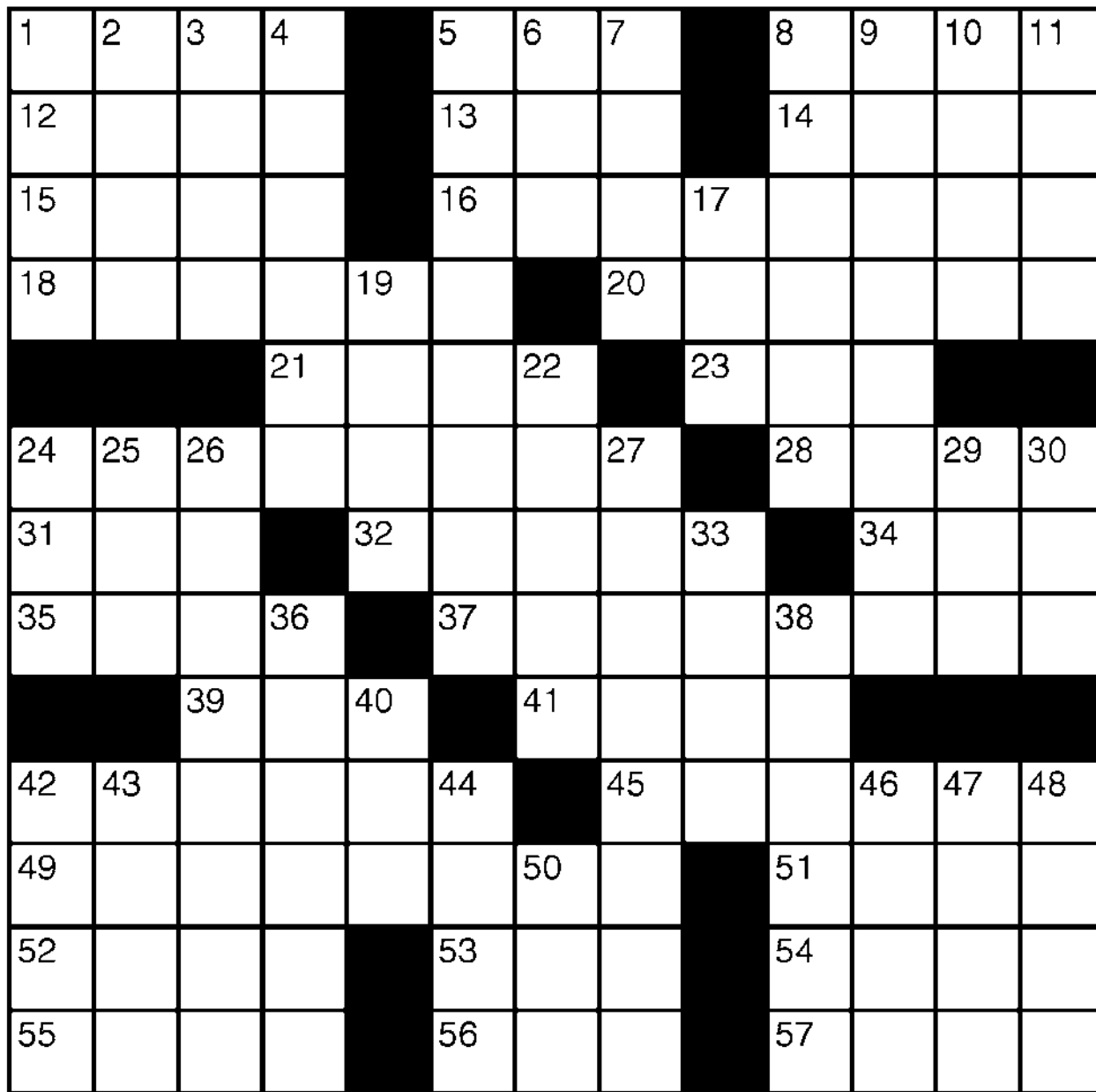
“AFTER THE HUNT” (R)

Director Luca Guadagnino (“Challengers”) takes on a tricky theme in his latest psychological thriller film, focusing on the interesting nuances of what happens when a sexual assault victim speaks out about what they experienced. Starring two incredible leading ladies from different generations (Julia Roberts and Ayo Edebiri), the film picks up after Ph.D. student Maggie (Edebiri) claims that she was sexually assaulted by a professor named Hank (Andrew Garfield). She divulges this to Alma (Roberts), the professor at her school who she’s the closest to, thus beginning the cycle of advances and setbacks that sexual assault victims deal with. Alma attempts to guide Maggie, despite her own messy past with sexual assault claims, but Alma also knows what’s actually feasible within her own institution. While the film received mixed reviews from critics, it’s a bold commentary from Guadagnino about the things that often get left unsaid in these types of cases. Out now! (Amazon Prime Video) ■

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ACROSS

- 1 Roughly
5 Texter's "Wow!"
8 Nero's 1300
12 Stead
13 Museum-funding org.
14 Vicinity
15 In -- (miffed)
16 Deception
18 Fawcett of '70s TV
20 Goodies
21 Skater's leap
23 "Delicious!"
24 Tobago's island neighbor
28 Salon request
31 A billion years
32 Whiskey drinks
34 Fish eggs
35 Privation
37 Three-paneled artwork
39 "Friendly skies" co.
41 Chevy subcompact
42 Pulpit delivery

- 45 Painter Hopper
49 Homages
51 Always
52 Forearm bone
53 Depot (Abbr.)
54 Sultry Horne
55 Pleads
56 Wager
57 Highlander

DOWN

- 1 "Frozen" snowman
2 TV host Kelly
3 Crystal gazer
4 Defeated in a footrace
5 Promptly
6 Mal de --
7 Pace
8 Cosmetics
9 Butter producer
10 Birth doc.
11 Low isles
17 Sob

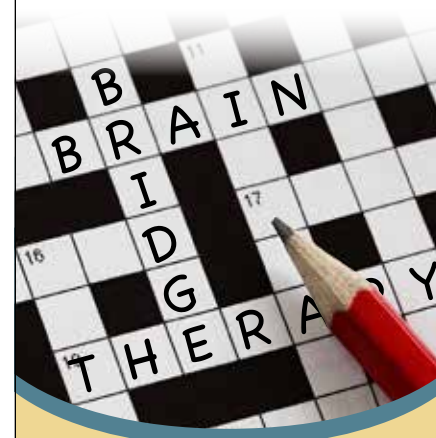
- 19 Pivot line
22 "Kinsey" actress Linney
24 -- Aviv
25 Aussie hopper
26 Making certain
27 Tries to convey
29 Sinbad's bird
30 "Whatever"
33 Raced
36 Brazilian dances
38 Hair dryers
40 Baseball's Gehrig
42 Ticket half
43 -- Stanley Gardner
44 Fed. accident investigator
46 Opposite of "sans"
47 Gambling mecca
48 "Phooey!"
50 Summer in Paris

SEE ANSWERS ON PAGE 38

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Des Moines Symphony. Photo by Ben Easter

HOLIDAY BRASS

Des Moines Civic Center, 221 Walnut St., Des Moines
www.dmsymphony.org

Dec. 20, 21

Experience the newest the Des Moines Symphony with its new tradition of playing the sounds of the season, such as "Joy to the World," "Hark! The Herald Angels Sing," and other holiday favorites. The Westminster Presbyterian Dobson Pipe Organ will be a prominent feature.

ANNUAL BIG INDOOR GARAGE SALE EXTRAVAGANZA

EMC Expo Center, 730 Third St., Des Moines
www.iowaeventscenter.com/events/detail/big-indoor-garage-sale-extravaganza-1

Jan. 10

For one day only, get out of the cold for a massive indoor garage sale. One man's trash is another man's treasure, and there are plenty of treasures to be found. From everyday essentials to potential collector's items.

CANDLELIGHT CONCERTS: CHRISTMAS CAROLS ON STRINGS

World Food Prize Hall of Laureates, 100 Locust St., Des Moines
www.feverup.com/en/des-moines

Dec. 27

Experience classic Christmas carols while sitting in the World Food Prize Hall of Laureates, lit under candlelight. Famous renditions of songs such as "12 Days of Christmas," "Carol of the Bells," "Deck the Halls," "In the Bleak Mid-Winter," "Joy to the World" and "Silent Night" and more will be played for patrons' listening pleasure.

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14TH IOWA DIECAST TOY SHOW

Iowa State Fairgrounds, 3000 East Grand Ave., Des Moines
www.agfarmtoys.com/events/ia-diecast-show
Jan. 3-4

Toy gathering enthusiasts rejoice, the Iowa Diecast Toy Show is back once again. Dealers and an incredibly wide variety of memorabilia will be on display at this family-friendly event.

IOWA WOLVES

Casey's Center, 233 Center St., Des Moines
www/iowa.gleague.nba.com

- Jan. 3 at 6:30 p.m. vs. Sioux Falls Skyforce (Miami Heat) | Timberwolves-inspired Jersey
- Jan. 4 at 3 p.m. vs. Sioux Falls Skyforce | Faith and Family Day
- Jan. 18 at 3 p.m. vs. Long Island Nets (Brooklyn Nets) | Alpha's Birthday
- Jan. 19 at 1 p.m. vs. Long Island Nets | MLK Day
- Jan. 24 at 6:30 p.m. vs. Memphis Hustle (Memphis Grizzlies) | Hoops for Hope
- Jan. 26 at 6:30 p.m. vs. Rio Grande Valley Vipers (Houston Rockets)
- Jan. 27 at 6:30 p.m. vs. Mexico City Capitanes

IOWA WILD

Casey's Center, 233 Center St., Des Moines
www.iowawild.com

- Dec. 27 vs. Chicago Wolves at 6 p.m.
- Dec. 30 vs. Texas Stars at 7 p.m.
- Dec. 31 vs. Texas Stars at 5 p.m. | New Year's Eve Bash
- Jan. 16 vs. Toronto Marlies at 7 p.m. | Local Heroes Night
- Jan. 17 vs. Toronto Marlies at 6 p.m.
- Jan. 21 vs. Texas Stars at 7 p.m.
- Jan. 23 vs. Milwaukee Admirals at 5 p.m.
- Jan. 30 vs. Milwaukee Admirals at 7 p.m. | Throwback Threads Night
- Jan. 31 vs. Milwaukee Admirals at 6 p.m.

CRIBBAGE TOURNAMENT

Singlespeed Brewing, 303 Scott Ave., Des Moines
www.therookroom.com/events
Dec. 20 and Jan. 17

Starting at 11 a.m., this round-robin-style tournament welcomes cribbage players of all skill levels. All materials will be provided at this friendly competition. ■

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Photo identification is required for adults (age 16 and older) to gain admittance to Camp Dodge (State Issued I.D.)

		6		5		4		
	5				1			3
7		1	4					
							6	
8	9		3				7	5
	7			4			9	2
	6	8	7				4	9
2	3				4			8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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- 1. TELEVISION: Which TV sitcom features a French bulldog named Stella?
- 2. GEOGRAPHY: What is the capital of Algeria?
- 3. MUSIC: Which famous song starts with the line, "I read the news today, oh boy ..."?
- 4. MOVIES: Who wrote "Hedwig's Theme," the main music in the Harry Potter movies?
- 5. FOOD & DRINK: What is the origin of popcorn?
- 6. HISTORY: Where was Napoleon Bonaparte exiled to after his defeat in 1815?
- 7. LITERATURE: Who wrote the novel "The Sound and the Fury"?
- 8. ANATOMY: What are the smallest blood vessels called?
- 9. GENERAL KNOWLEDGE: In what year did the international version of TikTok launch?
- 10. SCIENCE: What substance makes plants green?

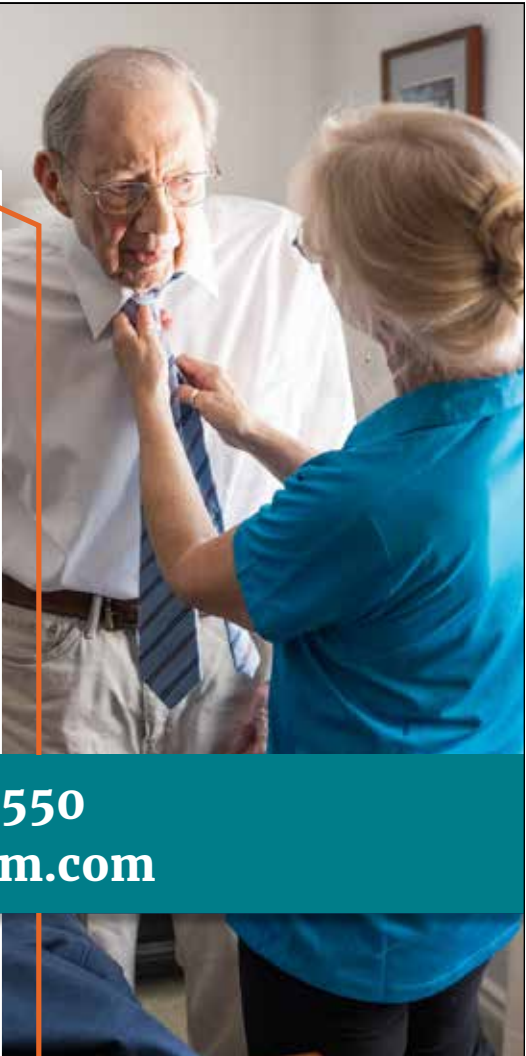
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SEE ANSWERS ON PAGES 37-38

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W	U	R	P	N	M	K	J	H	E	N	E	C	Z	X
U	S	Y	A	M	A	H	A	Q	E	N	L	S	J	N
G	E	C	E	W	Z	M	R	D	E	X	V	T	S	I
R	N	P	A	T	R	N	S	E	N	L	N	T	J	E
H	E	I	C	A	S	E	Y	U	N	W	A	D	V	T
T	R	P	W	N	R	E	T	L	A	H	M	N	K	S
I	G	S	E	D	C	B	Z	U	V	H	T	A	X	H
W	U	S	N	I	L	O	I	Z	A	F	S	U	R	C
P	O	M	L	O	J	A	I	G	H	S	A	Q	L	E
E	D	N	O	T	S	O	B	B	C	A	E	Y	X	B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.
Unlisted clue hint: STEINWAY & —

Baldwin	Dresden	Hausmann
Bechstein	Eastman	Kawai
Bluthner	Essex	Quandt
Boston	Estey	Sauter
Chavanne	Fazioli	Yamaha

GAMES: WORD SPIRAL

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	R	G
N		A
A		

Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

SEE ANSWERS ON PAGE 37

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WINTER BOREDOM BUSTERS

Enjoy these indoor adventures with the grandkids or by yourself.

By Jackie Wilson

During the chilly winters of Iowa, it can be easy to curl up with a bowl of hot buttered popcorn, huddled under a blanket in front of the television for movie night.

Yet, that two-hour movie doesn't quite cut it. Kids, with their boundless enthusiasm, need to burn off excess energy. Why not get out of the house to check out an indoor activity?

We have provided a list of holiday and winter activities and events, all warm and toasty inside. If you're doing babysitting duty while the parents are away, check out one of these all-ages spots, which might earn a favorite grandparent status. Even if you don't have grandkids, these young-at-heart activities beat the winter doldrums, making you feel like a kid again.

DOMESTIC FOR THE HOLIDAYS

The Des Moines Botanical Garden is hosting a dazzling family holiday tradition — Dome For The Holidays. Bring the entire family and enjoy a dynamic display of thousands of twinkling lights, blown glass sculptures, interactive features, festive music, a train display, a gnome hunt and more. The event is the perfect way to experience the magic of the season. Admission: adults \$17; children 2-12, \$11; free for kids younger than 2. Botanical Garden Members receive \$3 off each ticket. For dates and times, visit <https://dmbotanicalgarden.com>.



HOLIDAY HULLABALOO

The 2025 Holiday Hullabaloo is an immersive, family-friendly holiday experience that surprises and delights guests with various holiday experiences. From Dec. 5-28, enjoy a variety of activities, entertainment and festivities to help you create some fun holiday memories. Located at Southridge Event Center. Tickets \$15-\$20; seniors/military discounted. www.holidayhullabaloo.com



LIFE-SIZE CANDYLAND GAME

Nearly everybody has played the game Candyland, either as a child, with their kids or with their grandkids. Now, you can play the life-size version. The Waukee Library is hosting a life-size Candyland game open for all ages. The library sets up a life-size Candyland game board, where visitors walk through the game as if they are the pieces. Just like in the game, players draw cards and work their way around the path toward the candy castle finish line. Players wander through the different candy-themed landscapes, which includes lollipop woods, gumdrop mountain, licorice forest and more.

Candyland is free and open for all ages to either play the game or walk through the decorations. This year's Candyland will be open during regular library hours on Dec. 26, 29, 30 and 31.

To accommodate larger groups who may want to secure a time to go through together, registration is required on the morning of Dec. 26. Otherwise, the room is open during regular library hours on a first-come, first-served basis.

For more information, visit <https://waukee.librarycalendar.com/events/month> and put “candyland” in the search page.





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JOUJOU

Joujou is an indoor play space located in a historic building and neighborhood. The indoor spot is filled with kid-sized inspired play for parents, grandparents and children — with plenty of play time. Plus, free coffee and tea are available for grownups. Joujou is located at 906 42nd St. in Des Moines. Cost is \$13 for the first child; discounts for additional children. Adults are free. <https://joujoudsm.com/play>



DES MOINES CHILDREN’S MUSEUM

Valley West Mall is the site of the Des Moines Children’s Museum. An indoor play spot includes pretend play and places for kids to romp around. On the second Wednesday of the month, attend “Generations of Love,” where grandparents get in free. Cost: Younger than 1, free; 1-9 years, \$6; Ages 10 and older is \$4. Check for various discounts, such as the Iowa Adventure Pass (see link below) found at local libraries for discounted admission. <https://dsmchildrensmuseum.com>.



FAMILYFEST WAUKEE

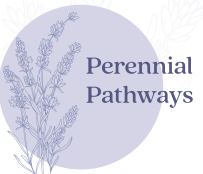

Join Waukee Parks and Recreation for its annual FamilyFest on Saturday, Jan. 17 from 9 a.m. to noon at Lutheran Church of Hope Waukee, located at 305 N.E. Dartmoor Drive. This family-friendly event helps kiddos burn off some energy indoors. Check out Waukee area businesses, play games and jump on inflatables. Free attendance. www.waukee.org/472/FamilyFest



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VALLEY COMMUNITY CENTER

Located in West Des Moines, the Valley Community Center offers various movies, Tot Town play for toddlers, open gym and more. Most events are free. Located at 4444 Fuller Road, West Des Moines. www.valleycommunitycenter.org



JAZZ JAM SESSION

Does your middle or high school grandchild play an instrument, or is he or she interested in jazz? Attend a jam session just for students the first Sunday of the month at the Cave sponsored by the Community Jazz Center. www.cjc-dsm.org/jam-sessions.html; www.cjc-dsm.org



IOWA ADVENTURE PASS

The Iowa Adventure Pass is offered through various metro libraries and others across Iowa. Choose the place you want to attend and reserve the date. It is first come, first served, so be sure to reserve the pass well in advance. Often, you'll get free or discounted tickets to nearly a dozen different venues and events, including indoor spots, such as Blue Zoo, Science Center of Iowa and more. www.iowaadventurepass.org. ■



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Fantasy fudge and butterscotch peanut butter clusters stand the test of time

As a child, the arrival of the Christmas season meant one thing: weeks of baking treats for every family gathering. Looking back, I am certain that is where my love of baking truly began. The tradition has continued with our own family.



When our daughters were young, we spent several weekends in December preparing an assortment of goodies to enjoy at home, share with friends, send to the office, and bring to dance, choir and wrestling events. You name it, we brought treats there.

Despite all these years of baking, I still have not settled on one “perfect” sugar-cookie recipe. I try a new version every year, which keeps things interesting. Beyond cookies, our holiday platter includes fudge (Shane’s favorite), Russian tea cakes, chocolate-covered pretzels, spritz and almond bark. Our family added peanut butter blossoms, and, sometimes, we throw in chocolate crinkle cookies, snickerdoodles, biscotti, or Rolo pretzels.

Today, I’m sharing two simple recipes that have stood the test of time. The first is our fail-proof fudge. Just buy the 7-ounce jar of Kraft Jet-Puffed Marshmallow Creme and follow the Fantasy Fudge recipe on the back. It debuted in 1957 and has remained a holiday classic for good reason. My second recipe, Butterscotch Peanut Butter Clusters, is easy and has been on my cookie trays since childhood. If you love peanut butter and butterscotch, they will quickly become a tradition in your home, too.

Enjoy — and happy baking! ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Butterscotch Peanut Butter Clusters

INGREDIENTS

- 1 cup peanut butter
- 1 bag of butterscotch chips (11 ounces)
- 4 cups of corn flakes cereal

INSTRUCTIONS

- In a saucepan, melt butterscotch chips and peanut butter together over medium heat.
- Remove pan from stove and add corn flakes. On wax paper, drop by spoonfuls.
- Chill to harden, or they will harden on their own if left out, but it will take longer. These can be stored in or out of the refrigerator and will keep for three weeks. (I do not refrigerate mine).



Fantasy Fudge

INGREDIENTS

- 3 cups sugar
- ¾ cup butter or margarine
- 1 small can (5 ounces) evaporated milk (about 2/3 cup) (Do not use sweetened condensed milk.)
- 3 packages (4 ounces each) BAKER’S Semi-Sweet Chocolate, chopped
- 1 jar (7 ounces) JET-PUFFED Marshmallow Creme
- 1 cup chopped walnuts
- 1 teaspoon vanilla

INSTRUCTIONS

- Step 1: Line 9-inch square pan with aluminum foil with ends of foil extending over sides. Bring sugar, butter and evaporated milk to full rolling boil in 3-quart saucepan on medium heat, stirring constantly. Cook 4 minutes or until candy thermometer reaches 234 F, stirring constantly. Remove from heat.
- Step 2: Add chocolate and marshmallow creme; stir until melted. Add nuts and vanilla; mix well.
- Step 3: Pour into prepared pan; spread to cover bottom of pan. Cool completely. Use foil handles to lift fudge from pan before cutting into 1-inch squares.

DO YOU HAVE A FAVORITE RECIPE?

I would love to see it, and the story that goes along with it. Send to jolene@iowalivingmagazines.com. Happy cooking!

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Hear the joy of the season

Why winter is the perfect time to prioritize your hearing health.

December brings the sparkle of holiday lights, family gatherings and the quiet beauty of winter settling across Iowa. It is a season filled with moments we look forward to all year, like sharing stories around the dinner table and watching children unwrap presents. But, to fully enjoy the sounds of the season, your hearing health plays an essential role.



While many people think of hearing loss as something that simply “comes with age,” it is far more connected to overall health than most realize. With colder weather and more time spent indoors, December is the perfect time to check in on your hearing, one of your most powerful tools for staying connected and safe through the winter months.

The winter challenge: why hearing matters more right now

Winter can create unique challenges for those with

untreated hearing loss. Family conversations often happen in busy, noisy homes full of clinking dishes, background music and overlapping voices. These environments can be overwhelming when your hearing is not at its best, leading to frustration, embarrassment or withdrawal from activities you would normally enjoy.

Treating hearing loss helps you stay present and confident, allowing you to focus on the joy of the season rather than the strain of trying to follow conversations.

Connection is a gift

The holidays remind us how important our relationships are. Laughter, stories, shared meals, church services, holiday concerts, these moments nourish our emotional health and strengthen our bonds with the people we love. Hearing well allows you to participate fully without the stress of guessing, lip-reading or pretending to understand. Modern hearing technology is designed to thrive

in exactly these environments. Today’s devices automatically adjust to background noise, prioritize speech clarity and offer discreet, comfortable designs that fit seamlessly into daily life. Many even connect to smartphones for easy control or hands-free calls with family far away.

Start the year with a healthier you

As you close out the year and reflect on your health, consider giving yourself the gift of clarity. A simple hearing evaluation provides valuable insight and helps you stay ahead of changes before they impact your independence, memory or everyday enjoyment. As we move through winter, consider giving yourself the gift of better hearing. A quick evaluation can improve connection, confidence and wellness, helping you start the new year feeling clearer, healthier and more engaged. ■

Information provided by Mason Olson, Hearing Instrument Specialist, ASI Beltone, 515-225-2242, www.asibeltone.com.

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5-minute warmup

Going straight from the sofa to activity in the cold — such as scooping heavy loads of snow — is a recipe for injury. This five-minute warmup will help.

Stomp your feet so they are under your hips. Soften your knees. Wiggle your hips. Roll your shoulders back. Raise the top of your head straight up.

1. Cow and cat: Inhale, press your chest forward and arch your back. Exhale, reach forward and stretch your back. Repeat.

2. Knee bends: Bend both knees, lower your butt down while keeping your chest up. Stand up. Repeat.

3. Butterfly wings: Breathe in, raise your arms into goalpost position. Exhale, touch your forearms in front. Inhale, open to goalpost. Repeat.

4. Stationary side lunge: Widen your stance. Slowly bend one knee, lowering your butt toward your heel. Pause, and straighten up. Slowly bend the second knee. Pause, and straighten up. Repeat.

5. Spinal twist: Send one shoulder back and around. Pause. Send your other shoulder back and around. Move slowly, using your muscles to move you, not momentum. Repeat.

6. High knees: Lift your knees one at time. Aim for hip height, but any height is good. Swing your arms. Start slowly and move faster.

Now, put on your warm layers and boots! ■



Information provided by Katherine Roccasecca, CPT, Roccasecca Fitness, 515-360-3832, www.roccasecca.fitness.

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Combating Seasonal Affective Disorder in seniors

As the days grow shorter and the weather turns colder, many people experience a shift in mood often referred to as the “winter blues.” For some, this feeling is a more serious condition known as Seasonal Affective Disorder (SAD), a type of depression that recurs typically during the fall and winter months. SAD can be particularly challenging for seniors, who may already face increased isolation and reduced mobility. Fortunately, two powerful, non-pharmacological approaches — activity and companionship — can significantly help in managing and mitigating the effects of SAD.



Engaging activities to boost mood

A key strategy in combating SAD is increasing exposure to light and maintaining an active lifestyle. Since reduced natural sunlight is a primary trigger, light therapy (using specialized SAD lamps) is often recommended. However, incorporating light-filled activities can also be beneficial. Encourage seniors to spend time near windows during daylight hours, especially in the morning. Even short walks outdoors, when weather permits, can increase light exposure and boost vitamin D levels, which are often depleted in winter.

Physical activity doesn't have to be strenuous. Gentle exercise like chair yoga, stretching or indoor walking stimulates the release of endorphins — natural mood elevators. Beyond physical activity, engaging the mind is crucial. Hobbies such as puzzles, reading, knitting or learning a new skill (like a language or digital photography) provide a sense of purpose and achievement, diverting focus from negative thoughts associated with SAD. Establishing a daily routine that includes these activities helps to regulate sleep cycles and maintain a feeling of normalcy.

The power of companionship

Social isolation is a major risk factor for depression in older adults, and winter can exacerbate this. Combating SAD effectively requires a strong emphasis on companionship and social interaction. Regular visits from family, friends or caregivers are invaluable. Simple, consistent connection is key.

Organizing group activities — whether it is a weekly card game, a book club or a group lunch — provides scheduled social stimulation. Technology can also bridge distances; setting up regular video calls with distant family members can maintain emotional closeness. Encourage participation in senior centers or community programs. These venues often provide structure, social opportunities and access to resources. Furthermore, engaging in volunteering — even light administrative tasks or helping a neighbor — can instill a powerful sense of self-worth and connect seniors to their community.

By proactively combining mentally and physically stimulating activities with consistent, meaningful social connection, we can significantly help seniors navigate the challenging winter months, turning the winter blues into a period of continued engagement and well-being. ■

Information provided by Anne Peters, Home Instead, 515-978-7991, www.care.homeinstead.com.

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www.homeinstead.com



The power of neuroplasticity

Think your brain is done growing? Think again! Any brain can change at any time, at any age. Our brains are constantly taking in new experiences and information, allowing us to learn new things. This is known as neuroplasticity — the brain's ability to reorganize and regenerate new connections and pathways.



Learning a new language? Neuroplasticity. Trying to break a habit? Neuroplasticity. Our brains are dynamic, and every new experience physically changes the makeup of the brain. This concept goes beyond helping us learn new skills, however. Neuroplasticity allows the brain to adapt and is particularly important when needing to learn how to do things again after damage to the brain.

After experiencing a traumatic brain injury, stroke or other neurological event/diagnosis, therapy can be a powerful tool in helping the brain develop new pathways. Incorporating functional and salient activities (activities that you are interested in and that make sense to you) into therapy can help organize, and reorganize, the neuro pathways in your brain. With repetition, it is possible to relearn how to move an arm, take a step or engage in an activity that brings you joy.

Neuroplasticity doesn't mean these changes are possible overnight. Every brain is different, and sometimes it takes time to see the effects of consistent exercise and activity. I have seen individuals who were told they may never talk again after their brain injury say their first words five years later. This is neuroplasticity in action. The brain can truly change at any time.

While we can't control every outcome, we

can do our part to support our brain's ability to change. Getting enough sleep, consistent exercise and eating a balanced diet all promote brain health, and combining these habits with consistent new experiences and active engagement can trigger neuroplasticity.

Ultimately, neuroplasticity offers a powerful framework for healing and growth. By pairing therapeutic strategies with healthy lifestyle habits, we can encourage the brain to form new connections and pathways over time. While the journey is different for everyone, the potential for progress is always there... at every age, and through every stage of recovery. ■

Information provided by Tammy Miller, Director of Outpatient Services, On With Life, Ankeny, Polk City, Coralville, www.OnWithLife.org.

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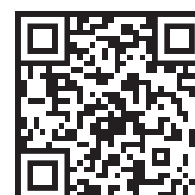


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Protecting your vision during Iowa's cold weather

Iowa winters bring beauty and togetherness, but they also create unique challenges for our eyes. Cold wind, dry indoor heat and harsh glare from snow can all affect vision and comfort. With a few simple habits, you can keep your eyes healthier all season long.



disease is contributing — a common condition in older adults that often flares in the winter.

Don't forget UV protection

It is a surprise to many, but UV exposure can be just as strong in winter as in summer. Snow reflects sunlight, increasing glare and UV exposure that can worsen cataracts and macular degeneration over time. Wearing sunglasses every time you go outside — even for short errands — helps protect your eyes. Polarized lenses are particularly helpful for driving in winter, reducing glare from snow and wet roads.

Prevent winter-related falls

Shorter days mean more time moving around in low light, which can increase fall risk. Make sure hallways, stairways, and bathrooms are well lit, and consider adding motion-activated night lights. If it has been more than a year since your last eye exam, winter is an excellent time to update your prescription or address issues such as cataracts that can affect contrast and nighttime vision.

Manage excessive tearing

Watery eyes in winter may seem surprising, but it is common. Cold air triggers reflex tearing, and dry eyes can also cause eyes to water excessively. Wearing wrap-around sunglasses or a scarf that shields your eyes from the wind can help. If tearing becomes constant or bothersome, your doctor can check for blocked tear ducts or chronic dryness.

Keep your vision a priority

Even during the busy winter months, don't ignore sudden changes in vision, new floaters, flashes or persistent discomfort. Prompt evaluation can prevent small problems from becoming bigger ones.

By taking just a few simple steps, you can protect your eyes and enjoy a clearer, more comfortable winter season. ■

Information provided by Daniel Poe, Practice Administrator at Des Moines Eye Surgeons.

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How do you want to be remembered?

At some point in our lives, each of us pauses to consider a profound question: How do I want to be remembered? It's a reflection prompted by milestones, challenges and quiet moments alike. And, although it is a question we ask during life, it is one that continues to echo long after we are gone.



This desire for remembrance is deeply human. We hope that the experiences we've gathered, the people we've influenced, the joy we've shared, and even the difficulties we've endured will leave a meaningful imprint. We want to know that the story of our lives — its lessons, triumphs, quirks and defining moments — will not fade unnoticed. Yet, often, the fullness of a life is only truly understood when family and friends come

together to share memories after a passing.

Memorialization plays an important role in preserving these stories. It is not about grand gestures or elaborate events; rather, it is about creating a space — literal or symbolic — where a life can be honored. A meaningful service offers an opportunity to celebrate what made someone unique. Whether through a funeral, a celebration of life, a graveside gathering, or a personalized tribute, these moments become touchstones for those who remain. They help families remember not just that someone lived, but how they lived.

Memorials also serve future generations. They become places to revisit, to reflect, and to feel connected to the people who shaped us. A photo album, a favorite song, a handwritten letter, a well-chosen keepsake or a place of rest can all carry forward the essence of a life. These acts of remembrance remind us that every life has value,

and every story deserves to be told.

Taking time to think about your own wishes can be a meaningful gift — to yourself and to those who love you. Consider what elements best express who you are. Would you prefer an intimate gathering or a lively celebration? Are there stories or values you want passed on? What final resting place feels right for you? These decisions do not have to be made all at once, but reflecting on them now can help ensure that your life is honored in a way that feels authentic.

Ultimately, deciding how you want to be remembered is an act of intention. It invites you to look at your life with gratitude and purpose, and it gives your loved ones the clarity and comfort they will one day need. ■

Information provided by Blair Overton, Iowa Funeral Planning, 515-218-8103, IowaFuneralPlanning.com.

This holiday season, may you find comfort in cherished memories and strength in those who walk beside you.



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If your feet feel numb, burning or like 'bunched up socks'...

Read this before you just "live with it."

A lot of people who walk into our office share almost the same story:

"First it was tingling. Then numbness. Now I feel unsteady when I walk. My doctor just increased my meds and said there's not much else to do."

If that sounds familiar, you're not imagining it and you're not weak. You may be dealing with peripheral neuropathy — damage to the small nerves in your feet and hands.



Common signs include:

- Numbness or tingling in the feet or hands
- Burning, stabbing or electric pain
- Feels like walking on rocks, pebbles or bunched up socks
- Trouble with balance, stumbling or fear of falling

The pain and numbness are bad enough, but the real concern is what's happening to your nerves.

What neuropathy is doing to your nerves

Your peripheral nerves are living tissue. They need:

- Healthy blood flow
- Oxygen and nutrients
- Regular "signals" from your brain and spinal cord

Diabetes, poor circulation, past chemotherapy, certain medications and old injuries can slowly choke off that supply. Over time, nerves become damaged — and some can die.

Pain medications may dull the symptoms, but DON'T restore blood flow, rebuild damaged nerves or improve how those nerves function. That's why so many notice their symptoms slowly creeping up the legs or into the hands, even while they are "doing what they were told."

Three questions to ask:

1. Are my symptoms spreading or getting stronger over time?
2. Is my balance or confidence walking worse than it was a year ago?
3. Have I lost some ability to feel the floor, temperature or small cuts and injuries?

If you are nodding "yes," that is your sign to take nerve health seriously now, not later. Nerves can sometimes improve or stabilize, but they are much harder to help once the damage is severe.

What a real neuropathy evaluation should include

A proper evaluation typically includes:

- A detailed history
- Full 16-point sensory exam
- Balance and fall risk assessment
- Circulation screening

The goal is simple: How much nerve function have you lost, is it still changing, and is there enough living nerve left to help? ■

Information provided by Dr. Ole J. Olson, D.C., Board Certified in Neuropathy and Chronic Pain Syndromes, Asuta Health, 210 N.E. Delaware Ave., Suite 110, Ankeny, www.AustaHealth.org.

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Have these questions crossed your mind recently?

- What if there were someone who could walk beside you through the decisions of when and where to move? Not to push you, but to guide you.
- Is your home too large or too difficult to maintain?
- Are stairs, clutter or unused spaces becoming daily stressors rather than comfort

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- ✓ Creating a manageable plan to move or stay in place
- ✓ Coordinating with family, friends and professionals
- ✓ Offering emotional support during tough decisions
- ✓ Being your senior community resource
- ✓ Rightsizing your belongings without overwhelm
- ✓ Helping preserve legacy items and memories
- ✓ Turning "what now?" into "I've got this."



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ADVICE

BY MARY EIKENBERRY

The real downsizing challenge happens before the packing

Certified Senior Downsizing Coaches® specialize in guiding individuals and families through this major life transition with clarity, confidence and compassion.

The real challenge begins long before any packing: understanding what you want your next chapter to look like and creating a realistic plan to get there. That's where a Certified Senior Downsizing Coach® can make all the difference.

Downsizing Coaches provide personalized consultations that help older adults and their families define priorities, explore options and map out a clear, manageable strategy — whether the goal is a smaller home, a retirement community or simply a more organized living space. Their role is to guide decisions, reduce stress and help you move forward with confidence. While coaches do not offer physical sorting or packing services, they provide something even more important: the direction and support needed to make informed, comfortable choices while you are still in control of all decisions.

A Certified Senior Downsizing Coach® offers practical, individualized guidance to make this transition smoother, simpler, and more empowering for you and your family. Turn your "overwhelm" into "I've got this!" ■

Information provided by Mary Eikenberry, Certified Senior Downsizing Coach (CSHP) and founder of Straight Talk Senior Living Series, 515-238-5225, MaryCoachingSeniors@gmail.com, StraightTalkSeniorLivingSeries.com.



ADVICE

BY BETHENY WILSON

2026 MEDICARE UPDATES

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Updates to Medicare

The 2026 updates to Medicare bring a mix of higher costs for hospital and outpatient coverage but also improvements in drug-coverage protections under Part D.

Under Part A, the inpatient hospital deductible rises to \$1,736 (up \$60), while daily coinsurance for long hospital stays increases — \$434/day for days 61–90, \$868/day for lifetime reserve, and \$217/day for certain skilled nursing care. Some individuals without the usual employment-history based coverage will see higher monthly premiums if they buy in.

For Part B, the standard monthly premium jumps to \$202.90 (up nearly 10%), and the annual deductible increases to \$283. Income-related surcharges — called IRMAA — will also apply for higher earners.

On the brighter side, changes to the Part D drug program under the final 2026 rule aim to preserve affordability: they have maintained an out-of-pocket maximum which is now \$2,100 as well as decreasing costs of 10 brand name medication starting Jan. 1. Overall, many Medicare beneficiaries should see stable, or less, costs in the prescription drug plan market.

Please note, some of these figures may not apply to you and your Medicare plans directly. It's always a good idea to discuss with your agent how these upcoming changes will affect your plans. ■

Information provided by Betheny Wilson, Health Insurance Advisor, LLC, 6000 Grand Ave., Suite H, Des Moines, IA 50312. Sources: Medicare.org



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More than a will

When most people think about estate planning, they picture a will or trust. But for many retirees, two of the most important, and most overlooked, documents aren't part of the will at all: your beneficiary designations and your tangible personal property list



Beneficiary designations: The silent estate plan

Many of your most valuable assets do not pass through your will. They pass through beneficiary designations, including:

- IRAs and 401(k)s
- Life insurance policies
- Annuities
- Transfer-on-death (TOD) or payable-on-death (POD) accounts (TOD on investment accounts and POD on bank accounts, such as checking, savings and CD's)

These designations override your will. That means if your will says one thing but your IRA beneficiary form says another, the form wins every time.

This is why outdated beneficiary forms are one of the most common estate-planning mistakes. Ex-spouses, deceased relatives, or missing forms can cause assets to go to the wrong person...or end up in probate.

A simple annual review is helpful to revisit that:

- The right people are listed
- Contingent beneficiaries are named
- Minor children aren't listed directly
- Beneficiaries align with your current family and financial plan

These forms are easy to update and require no attorney, no cost, and no change to your will. You should do a periodic "Beneficiary Review" with your financial advisor to make sure they are up to date with your intentions and mirror your estate planning goals.

Tangible personal property: Where sentimental disputes begin

Iowa law (Iowa Code § 633.276) allows you to create a Disposition of Personal Property List, directing who receives your tangible items such as:

- Jewelry
- Heirlooms
- Antiques
- Collections
- Tools
- Furniture and keepsakes
- Artwork
- Photos and journals

This list is legally enforceable when referenced in your will, and it has several advantages: It does not need an attorney and does not need to be notarized. It can be updated at any time and must simply be signed and dated, ideally on each page.

Because sentimental items often cause the biggest family disputes, this document brings clarity and peace. Whether it's your grandmother's ring or your woodworking tools, writing it down now prevents arguments later.

A complete plan protects your family

A will or trust is essential, but it only works when paired with accurate beneficiary forms and a well-prepared personal property list. Together, these tools keep assets out of probate, reduce conflicts, and ensure your legacy is honored exactly as you intend. ■

Information provided by Vicki L. Monaco, CEO of Life & Legacy Advisors. Investment Advisor Representative for and investment services offered through Royal Fund Management, LLC a SEC Registered Investment Advisor. 7900 Hickman Road, Suite 200A, Windsor Heights, 515-309-2985. Investment Advisor Representative and investment services offered through Royal Fund Management, LLC, a SEC Registered Investment Advisor. Royal Fund Management and Vicki Monaco, Life & Legacy Advisors, LLC are not engaged in the practice of law or accounting and any advice provided should not be construed as legal or accounting advice. The information is intended to serve as a basis for further discussion with your financial, legal, tax and/or accounting advisors. It is not a substitute for competent advice from these advisors.



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Joint tenancy and tenancy in common

Our firm frequently sees errors in property deeds that create significant problems for real estate owners after one owner dies. If you own a home, you received title through a deed that was recorded. In Iowa, there are two primary ways to hold title to real estate: joint tenancy and tenancy in common.



Joint tenancy is a form of ownership in which all owners hold title together. A key feature of joint tenancy is the right of survivorship. When one owner dies, that owner's interest is extinguished and automatically absorbed by the surviving owners. Typically, the only step required to confirm ownership is to record an affidavit stating that one owner has died and that title is now vested solely in the survivor.

Tenancy in common, by contrast, is a form of ownership where each owner holds an undivided, separate interest in the property. There is no survivorship element. When a tenant in common dies, the decedent's interest becomes part of their probate estate. Often, it is necessary to open and administer the estate to transfer the deceased owner's share to their heirs.

Complications frequently arise because, until recently, Iowa law presumed tenancy in common. If a married couple took title simply as "John Doe and Jane Doe," without specifying "as joint tenants with full rights of survivorship and not as tenants in common," each spouse legally owned a 50% share. If John died, his estate would need to go through court-supervised probate so that a judge could approve transferring his half of the property to his heirs. This can be incredibly frustrating, especially when the intended heir is the surviving spouse.

Often, this issue surfaces when the surviving spouse attempts to sell the home. The seller cannot convey clear title because the deed did not create joint tenancy at the time of purchase. The resulting probate proceeding can delay the sale, add costs, and create unnecessary stress.

To address this recurring problem, Iowa Code section 557.15 was updated. For deeds executed on or after Jan. 1, 2015, a married couple taking title is now presumed to hold the property as joint tenants rather than tenants in common. While this change helps prevent future issues, the law is prospective only. It does not correct older deeds that contain outdated or incomplete vesting language.

Understanding how you hold title to your property is essential. Court involvement takes time and money, but it resolves the title defect. Fortunately, this situation can often be avoided with some upfront review. If you have questions about the ownership structure of your home, consult with an attorney experienced in real estate and estate planning matters. ■

Information provided by Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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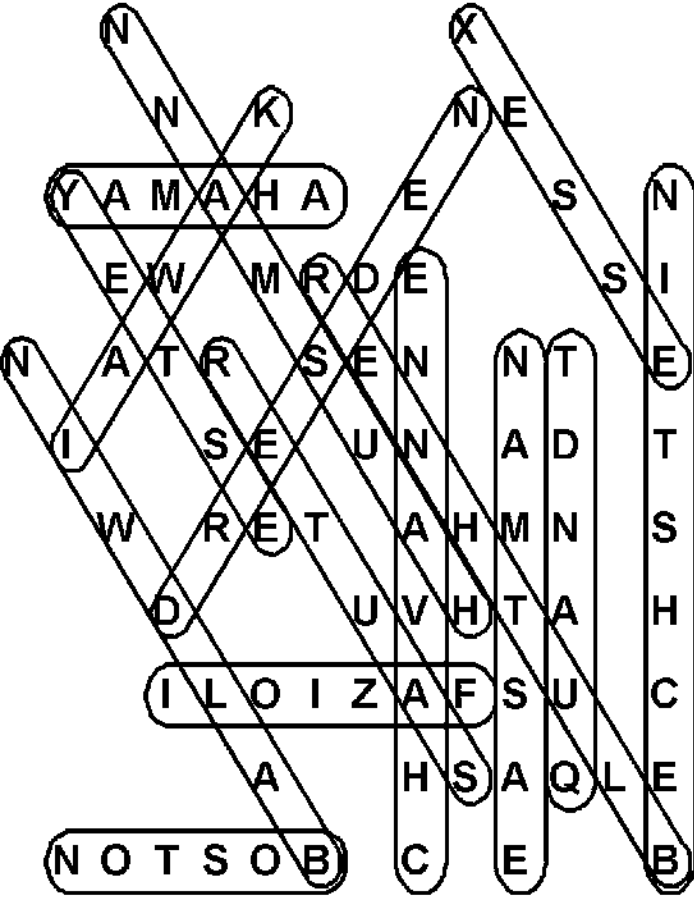
Carolyn Graybill and Col. Ed Graybill



Clint Pursley and Wade Evans

MAGIC MAZE: PAGE 19

PIANO BRANDS



WORD SPIRAL: PAGE 19

GALLANTRY

TRIVIA TEST: PAGE 18

- 1. "Modern Family."
- 2. Algiers.
- 3. "A Day in the Life," The Beatles.
- 4. Composer John Williams.
- 5. Indigenous people in the Americas mastered the art of popping corn.
- 6. The remote island of St. Helena.
- 7. William Faulkner.
- 8. Capillaries.
- 9. 2017.
- 10. The pigment chlorophyll.

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KING CROSSWORD: PAGE 15

Solution time: 22 mins.

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SUDOKU: PAGE 18

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Jimmy Siebert
Financial Advisor



Andrei Murphy
President

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From single day trips to overnight adventures - DayTrippers Tours has got you covered.

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For more information contact

Kimberly Cisna, Seniors on the Move
(515) 225-1455 | kim@seniorsonthemove-ia.com

www.seniorsonthemove-ia.com



Seniors on the Move is a membership-based business that enhances the lives of seniors by keeping them active, educated and engaged in the community. Seniors discover personal growth and purpose through our DayTripper Tours, Lunch-n-Learns, and educational conferences. They create and nurture friendships by participating in these and other sponsored activities. Seniors count on us to provide trustworthy advice and local resource referrals to help navigate lifestyle changes.