



PLEASE JOIN US FOR  
**TRAIL'S**  
*Anniversary Celebration*

Thursday, May 30, 2024

4:30-6:30 PM

Unitarian Universalist Society

2355 Oakdale Road

Coralville, Iowa

Please RSVP to

[trailRSVP@gmail.com](mailto:trailRSVP@gmail.com)



**TRAIL Tour of  
UI Stanley Museum of Art**

Wednesday, March 20

Sign up today. Registration  
deadline is March 19.



## Spring Is in the Air!

Spring will soon be here and there's a good chance that you might need some additional support as you prepare your house, yard, or garden. As you need support this spring, don't forget the TRAIL member message boards available on the TRAIL website.

Maybe you need a vendor for a house maintenance project or for work on your home. The **Vendor Requests & Recommendations** message board is a great resource. Here, you can find messages where members asked for recommendations for a good plumber or for someone to help with downsizing. If your need is not listed, go ahead, and ask—members are willing to share their experiences and you may find the perfect person to help you. Just log into your account on the TRAIL website and look under “For Members” and choose “Message Boards.”

### Request a volunteer from TRAIL to help you.

Our organization exists to help you stay in your home. Need a volunteer? Make sure you put in your request during this season. If you haven't done so before, you can do so by contacting Jessica Hahn at 319-800-9003 or emailing [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

### Look Online

Organizations like AARP have a lot of information available to you. In a quick search, you can find AARP's **Smart Guide to Spring Cleaning** or their article on **6 Ways to Prep Your Garden for Spring**. Note that some articles may require AARP membership.



April 15:

## Tax Day

A friendly reminder that taxes must be filed by April 15. The IRS expects more than 146 million individual tax returns for 2023 to be filed this filing season.

**Low to moderate income taxpayers, especially those age 60+, can receive free tax preparation services at the Senior Center now through mid-April.** Services are available by appointment and are provided by trained volunteers of the AARP Foundation Tax-Aide Program.

Clients schedule an intake appointment, drop off their tax-related materials, and sign some forms. A counselor consults the client with any questions and prepares the tax return while the client waits. The counselor then reviews the completed return with the client before e-filing.

**To schedule an appointment or learn more, call the Senior Center at 319-356-5220**



Iowa's Inspiring

## Landscapes

TRAIL designer Nancy Zear had the pleasure of viewing the work of artist and TRAIL member Constance Peterson at her recent exhibit. The collection, housed at The Artifactory Gallery, ran through the month of February. Below are a few of her impressions:

“Sky,” a study in photography and pastels, features Iowa’s expansive landscapes. Constance found inspiration while driving to and from her Cosgrove studio. The local vistas are captured in their subtle beauty as well as weather-driven drama.

One striking piece captures the intensity of an Iowa storm. The pastel, encased in an old window frame, depicts threatening skies which contrast vividly with the golden fields below. The viewer is struck by the beautiful colors yet feels the unease of the approaching danger.

Constance recently expressed the essence of her show, “The quiet beauty of the Iowa landscape...that can also be dramatic and powerful when heavy weather moves in...These landscapes expand the heart and senses with vast fertile agricultural spaces and those amazing skies.”

I appreciated the thoughtfulness that went into each piece. I look forward to seeing where Constance Peterson takes us on her artistic journey. You can find her biography in the April 2021 *TRAIL Guide*.



On a side note, I hope you can join us March 19 for a tour of fiber artist Jan Friedman’s studio. Please see the calendar for more information and to register to attend.



## Updated Senior Housing and Services Guide available

Sixty pages of information about 30 senior living facilities and 17 home care providers—you'll find all this in TRAIL's 2023 edition of the *Senior Housing and Services Guide*.

Senior housing facilities continue to grow in variety and number in the area. TRAIL's housing guide provides useful information for older adults and their families to help them make decisions about where and how to they want to age.

To receive your copy of the guide, visit the [TRAIL website](#) to download the PDF or stop by the TRAIL office, Room 301, Iowa City Senior Center, 28 South Linn Street, Iowa City.

## March Fun Facts

March came in like a lamb this year (52 degrees in Iowa City on March 1). Prepare for lion-like weather as March ends! Here are a few other "noteworthy" March events.

Happy New Year!—well, it would be if you were born before 150 B.C., when the oldest Roman calendar began in March and ended in December.



Basketball takes center court this month, as any Hawkeye fan knows. Don't miss the NCAA national championship tournaments (known as March Madness) starting March 19 (men) and March 20 (women).

It's spring cleaning time, if you're into that. Here are some great suggestions from [Good Housekeeping](#). 😊

## Sharing the **Love**

TRAIL volunteers allow us, by serving our members, to fulfill our mission. In this and future newsletters, we will be posting words of appreciation shared by our members.

Thank you, volunteers!

Your Health is  
**Our Priority**



Helping you connect with the people  
and answers you need.



**CarePro**  
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Cedar Rapids: 319-298-0953

Coralville: 319-351-3930

[careprohs.com](http://careprohs.com)

**Thanks to CarePro Home Medical**  
for sponsoring this month's newsletter.

"Can't say Thank You enough. Not having a car would be such a burden without TRAIL. I probably wouldn't have been able to follow through on the every-other-day therapy I needed!"

— Charlie Drum



**NOTE:** Some events are virtual, while others are in person. Full details for each event can be found on [TRAIL's online calendar](#).

New events are frequently added, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.

**Calendar key:** **BLUE** events are for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

*TRAIL Guide is published on or about the 15th of each month by the TRAIL Marketing and Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions about the newsletter, email [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).*

# TRAIL EVENTS CALENDAR

March and April

## Coffee and Conversation

**Friday, March 15, 9 to 10:30 AM**

*Home of Barbara Stein, Iowa City*

## Book Club: The Daughters of Yalta: The Churchills, Roosevelts, and Harrimans: A Story of Love and War (via Zoom)

**Monday, March 18, 1 to 2 PM**

## Visit to Jan Friedman's Studio

**Tuesday, March 19, 1 to 2:30 PM**

*1409 East Davenport Street, Iowa City*

## Visit to the UI Stanley Museum of Art

**Wednesday, March 20, 1 to 2 PM**

*160 West Burlington Street, Iowa City*

## Iowa History 101: Iowa Victorian Sarah Rousseau

**Thursday, March 21, 12 to 1 PM**

## Dine Around \$

**Friday, March 22, 12 to 1:30 PM**

(limited seating—register ahead)

*Mirabito's Italian Restaurant, 40 Sugar Creek Lane, North Liberty*



## Iowa Recovery Room Tour

**Tuesday, March 26, 10 to 11 AM**

*1509 Mall Drive, Suite 1, Iowa City*

## Author Austin Frerick in Conversation with Erin Jordan

**Wednesday, March 27, 7 to 8 PM**

*Prairie Lights Books, 15 South Dubuque Street, Iowa City*

## "Making the Book, Past, and Present" Exhibit at the UI Main Library Gallery

**Monday, April 1, 10 to 11 AM**

*UI Main Library, 125 West Washington Street, Iowa City*

## New Member Orientation

**Thursday, April 4, 4:30 to 6 PM**

*Fix! Coffee, Second floor of the Chauncey, 404 East College Street, Iowa City*

## Fighting Against Fraud—Ann Thompson, Iowa City Police

**Friday, April 5, 1 to 2 PM**

*Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City*

## Piano Sundays at the Old Capitol

**Sunday, April 7, 1:30 to 2:30 PM**

*Old Capitol Museum, Senate Chamber, 21 North Clinton Street, Iowa City*

## Back to Basics: Wills, Gifts, & Beneficiaries

**Monday, April 8, 2 to 4 PM**

*Grand Living at Bridgewater, 3 Russell Slade Boulevard, Coralville*

## Dine Around \$

**Thursday, April 11, 11:30 AM to 1 PM** (limited seating—register ahead)

*Tin Roost, 840 West Penn, North Liberty*

## Tour of Iowa Conservatory School (ICON) for the Performing Arts

**Friday, April 12, 10 to 11 AM**

*123 North Linn Street, Iowa City*