




Mon	Tue	Wed	Thu	Fri
				1 9:00am Video Exercise 12:30pm Fri. Afternoon Cards
4 9:00am Video Exercise	5 12:30pm Canasta 1:00pm Cribbage	6 9:00am Video Exercise 1:00pm Monthly Book Swap	7 9:00-11:00am Footcare 9:00am-12:00pm Flu Clinic 1:00pm Bingo	8 9:00am Video Exercise 12:30pm Fri. Afternoon Cards
11 9:00am Video Exercise	12 12:30pm Canasta 1:00pm Cribbage	13 9:00am Video Exercise 1:00pm Coloring Time—no instruction	14 9:00-11:00am Footcare 1:00pm Bingo	15 9:00am Video Exercise 12:30pm Fri. Afternoon Cards
18 9:00am Video Exercise	19 12:30pm Canasta 1:00pm Cribbage	20 9:00am Video Exercise 1:00pm Halloween Crafts	21 9:00-11:00am Footcare 1:00pm Bingo	22 9:00am Video Exercise 12:30pm Fri. Afternoon Cards
25 9:00am Video Exercise	26 12:30pm Canasta 1:00pm Cribbage	27 9:00am Video Exercise 1:00pm Coloring Time—no instruction	28 9:00-11:00am Footcare 1:00pm Bingo	29 9:00am Video Exercise 12:30pm Fri. Afternoon Cards

Heartland Senior Services
 205 S. Walnut, Ames IA

P: 515.233.2906

email:
activities@hsservicesia.com

heartlandseniorservices.com

All Activities at HSS unless noted



Mission: We offer life-enriching opportunities for older adults and provide support for their families