

Story County Resources for Successful Aging



Heartland Senior Services of Story County Activities and Resources

| Mon                   | Tue             | Wed   | Thu                     | Fri                          |  |
|-----------------------|-----------------|---|-------------------------|------------------------------|--|
| I                     | 2               | 3   | 4                       | 5                            |  |
| 9:00am Video Exercise | 12:30pm Canasta | 9:00am Video Exercise<br>I:00pm Monthly Book Swap | 9:00-11:00am Footcare   | 9:00am Video Exercise        | Heartland Senior Services<br>205 S. Walnut, Ames IA                      |
|                       | I:00pm Cribbage | I:30pm Thanksgiving Craft                         | I:00pm Bingo            | 12:30pm Fri. Afternoon Cards | P: 515.233.2906  |
| 8                     | 9               | 10  | 11                      | 12                           | email:<br>activities@hsservicesia.com                                    |
| 9:00am Video Exercise | 12:30pm Canasta | 9:00am Video Exercise                             | 9:00-11:00am Footcare   | 9:00am Video Exercise        | heartlandseniorservices.com  |
|                       | I:00pm Cribbage | 1:00pm Coloring Time—no<br>instruction            | I:00pm Bingo            | 12:30pm Fri. Afternoon Cards | All Activities at HSS unless noted                                       |
| 15                    | 16              | 17  | 18                      | 19                           |  |
| 9:00am Video Exercise | 12:30pm Canasta | 9:00am Video Exercise                             | 9:00-11:00am Footcare   | 9:00am Video Exercise        | A dec.   |
|                       | I:00pm Cribbage |   | I:00pm Bingo            | 12:30pm Fri. Afternoon Cards | Give Thanks  |
| 22                    | 23              | 24  | 25                      | 26                           |  |
| 9:00am Video Exercise | 12:30pm Canasta | 9:00am Video Exercise                             | Closed for Thanksgiving | Closed for Thanksgiving      |  |
|                       | I:00pm Cribbage | Close at 12:30pm                                  | Holiday                 | Holiday                      |  |
| 29                    | 30              |   |                         | State -                      | Mission: We offer life-enriching   |
| 9:00am Video Exercise | 12:30pm Canasta |   |                         |                              | opportunities for older adults and<br>provide support for their families |
|                       | I:00pm Cribbage |   |                         | A R                          |  |