

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 I:00pm Monthly Book Swap	9:00-11:00am Footcare	9:00am Video Exercise	Heartland Senior Services 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: 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 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 provide support for their families
	I:00pm Cribbage			A R	