


Heartland Senior Services of Story County  
Activities and Resources  
August 2021

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Senior Band</p>	<p><b>3</b></p> <p>9:45am Songbirds</p> <p>12:30pm Canasta</p> <p>1:00pm Cribbage</p>	<p><b>4</b></p> <p>9:00am Video Exercise</p>	<p><b>5</b></p> <p>9:30-11:00am Footcare</p> <p>1:00pm Bingo</p>	<p><b>6</b></p> <p>9:00am Video Exercise</p> <p>12:30pm Fri. Afternoon Cards</p>
<p><b>9</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Senior Band</p>	<p><b>10</b></p> <p>9:45am Songbirds</p> <p>12:30pm Canasta</p> <p>1:00pm Cribbage</p>	<p><b>11</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Coloring Time— no instruction</p>	<p><b>12</b></p> <p>9:30-11:00am Footcare</p> <p>1:00pm Bingo</p>	<p><b>13</b></p> <p>9:00am Video Exercise</p> <p>12:30pm Fri. Afternoon Cards</p>
<p><b>16</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Senior Band</p>	<p><b>17</b></p> <p>9:45am Songbirds</p> <p>12:30pm Canasta</p> <p>1:00pm Cribbage</p>	<p><b>18</b></p> <p>9:00am Video Exercise</p>	<p><b>19</b></p> <p>9:30-11:00am Footcare</p> <p>1:00pm Bingo</p>	<p><b>20</b></p> <p>9:00am Video Exercise</p> <p>12:30pm Fri. Afternoon Cards</p>
<p><b>23</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Senior Band</p>	<p><b>24</b></p> <p>9:45am Songbirds</p> <p>12:30pm Canasta</p> <p>1:00pm Cribbage</p>	<p><b>25</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Coloring Time— no instruction</p>	<p><b>26</b></p> <p>9:30-11:00am Footcare</p> <p>1:00pm Bingo</p>	<p><b>27</b></p> <p>9:00am Video Exercise</p> <p>12:30pm Fri. Afternoon Cards</p>
<p><b>30</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Senior Band</p>	<p><b>31</b></p> <p>9:45am Songbirds</p> <p>12:30pm Canasta</p> <p>1:00pm Cribbage</p>		<p><b>National Picnic Month</b></p> 	

Heartland Senior Services  
205 S. Walnut, Ames IA  
P: 515.233.2906  
email:  
activities@hsservicesia.com  
heartlandseniorservices.com



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

