



of Tama | Toledo
Assisted Living Facility



Calendar of Events

All events/programs listed are free and open to the public!

August 2nd | 3:00PM

Beers and Bags

Come have a beer on us & play cornhole!

August 3rd | 2:00PM

Watermelon Eating Contest

Do you have what it takes?

August 4th | 1:00-3:30PM

Fuzed Permanent Jewelry

Come get a piece of jewelry!

August 6th | 12:45PM Bus Leaves

Casino Outing

Transportation provided by us!
Meet in the Lobby at 12:45PM

August 9th | 11:00AM-7:00PM

Sno 2-Go at Birkwood

Come enjoy a snow cone on us!

August 14th | 3:30PM

Jazzy Jewels

Join us in making beaded jewelry!

August 16th | 3:00PM

Lemonade & Cookies

Grab a free drink and snack!

August 21st | 3:00PM

Dennis Perry

Come enjoy some live county music!

August 22nd | 1:00PM

Aging in Place

Topic - Outside Yoga
Hosted by: Millennium Therapy

August 27th | 1:30PM

Men's Club (55+ Men Only)

Join us & our Maintenance Director to go fishing!

Mondays & Thursdays | 3:00PM

55+ BINGO

Come play and win some goodies!

EXERCISE SCHEDULE

Second Level Fitness Room

MONDAYS | 9:30AM

Grow Young Fitness

TUESDAYS | 9:30AM

Millennium Therapy

WEDNESDAYS | 10:00AM

Exercise w/ Judy or Linda

THURSDAYS | 9:30AM

Chair Yoga

FRIDAYS | 9:30AM

Grow Young Fitness

For more information or questions please contact
Kaleigh Sieck at
641-481-2300.



Friendships. Wellness. Peace of Mind.

Assisted Living | Independent Living | Memory Support