

Generations Community Center

The **Heartland Family Service Generations Community Center** supports the recreational, social, and nutritional needs of senior citizens in our community. Our center offers a variety of activities including classes, speakers, movies, discussion groups, exercise sessions, excursions, and parties, which are scheduled regularly every month. Seniors can gather for cards or bingo, and even have the option to go to the grocery store.

Food/Snacks

- Applesauce, pudding & Jell-O (*individual cups*)
- Canned goods (*meats, vegetables, soups, fruit*)
- Cereal bars
- Chips (*individual packs*)
- Crackers
- Jars of jelly
- Peanut butter
- Popcorn
- Sugar-free snacks

Health/Exercise Equipment

- Bladder support pads/briefs
- Canes/Walkers
- Dumbbells (*1, 3, 5 lb*)
- Exercise bands (*non-latex*)
- Wheelchairs

Household Goods

- Dish soap & dishwasher detergent
- First aid kit
- Laundry detergent
- Paper towels
- Plastic tableware
- Storage containers
- Toilet paper

Self Care Items

- Hand lotion
- Hand soap
- Kleenex
- Shampoo & conditioner

Other Needs

- Board games (*checkers, new card decks, Rummikub, Taboo*)
- Books of stamps
- Cash, checks, or money orders
- Colorful small paper
- Greeting cards & stationery (*all kinds*)
- House plants/Plant stands
- Hy-Vee/Bakers gift cards
- Newly purchased bingo prizes
- Tickets to community events (*sporting events, theaters, etc.*)



About Heartland Family Service

The mission of **Heartland Family Service** is to strengthen individuals and families in our community through education, counseling, and support services.

Our programs provide critical human services in the areas of **Child & Family Well-Being**, **Counseling & Prevention**, and **Housing, Safety, & Financial Stability** to the individuals and families who ultimately shape the future of our community.

DELIVER DONATIONS TO:
 North Omaha Intergenerational Human Services Campus
 4318 Fort Street, Omaha, NE 68111
 PH: (402) 553-5300
info@HeartlandFamilyService.org
HeartlandFamilyService.org

Help us to support those in our community who are in need.

So everyone can. HEARTLAND family service