

Heartland Senior Services of Story County
Activities and Resources
February 2018

All Activities at Heartland unless noted.

Heartland Senior Services
205 S. Walnut, Ames IA
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heartlandseniorservices.com

ZUMBA

There will not be a first session of Zumba. It will begin in mid March.

BUNCO DATE CHANGE

Tues. Feb. 20th@ 1pm

AARP Tax-Aide

every Wed. & Fri from 1-4 pm
By Appointment

Lunch & Learn 2/5/18

Andrew Cederdahl
Legal Aide

Coloring Book Workshop

Monday, Feb. 5th and
Tuesday, Feb. 27th at 1pm

Mission: We offer life-enriching opportunities for older adults and provide support for their families and caregivers.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>FEBRUARY</p>				<p>1</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo</p> <p>6:30pm Duplicate Bridge</p>	<p>2</p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards 1:00pm Tax Aide</p> <p>7:00pm Jazz Jam \$3</p>	<p>3</p> <p>5:30pm Cribbage \$3</p>
<p>4</p> <p>1:30 Duplicate Bridge</p>	<p>5</p> <p>9:00am Video Exercise 11:50am Lunch & Learn 1:00pm- Coloring Book Workshop</p>	<p>6</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge</p>	<p>7</p> <p>9:00am Video Exercise 1:00pm Rummikub 1:00 Tax Aide</p>	<p>8</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>9</p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards 1:00pm Tax Aide</p>	<p>10</p>
<p>11</p> <p>1:30 Duplicate Bridge</p>	<p>12</p> <p>9:00am Video Exercise 1:00pm Bethany Life Class in DR</p>	<p>13</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 7:00pm Monthly Dance @Moose Lodge 6:30pm Duplicate Bridge</p>	<p>14</p> <p>Valentine's Day 9:00am Video Exercise 1:00pm Tax Aide 1:00pm Rummikub</p>	<p>15</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>16</p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards 1:00pm Tax Aide 7:00pm Country Jam \$3</p>	<p>17</p>
<p>18</p> <p>1:30 Duplicate Bridge</p>	<p>19</p> <p>9:00am Video Exercise 12:30pm Movie- Welcome to Mooseport</p>	<p>20</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm BUNCO \$3 6:30pm Duplicate Bridge</p>	<p>21</p> <p>9:00am Video Exercise 1:00pm Rummikub 1:00pm Tax Aide 7:00pm Jazz Jam \$3</p>	<p>22</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>23</p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards 1:00pm Tax Aide</p>	<p>24</p>
<p>25</p> <p>1:30 Duplicate Bridge</p>	<p>26</p> <p>9:00am Video Exercise 1:00pm Bethany Life Class in DR 1:00pm National Clay Fiber Exhibit @Octagon</p>	<p>27</p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 1:00pm Coloringbook 6:30pm Duplicate Bridge</p>	<p>28</p> <p>9:00am Video Exercise 1:00pm Rummikub 1:00pm Tax Aide</p>			