

Heartland Senior Services of Story County
Activities and Resources
April 2018

All Activities at Heartland unless noted.

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

AARP Tax-Aide
every Wed. & Fri until 4/13
from 1-4 pm By Appointment

AARP Driver Safety Course
Monday, April 23rd from 1-4:45pm
Stu Huntington, facilitator

LUNCH & LEARN
Tuesday, April 3rd @ 11:50am
Sadie Orr from Freedom Home Health Care









BOOK DISCUSSION
Tuesday, April 17 @ 1pm
My Name is Lucy Barton

Medicare Seminar
Tuesday, April 24th at 1pm
Katie from Heartland Retirement Group

Trivia Night
Friday, April 20th at City Church @ 6:30pm

CANASTA- 12:30pm
Tues. Apr. 3, 10 & Fri. Apr. 24

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 EASTER 	 2 9:00am Video Exercise 1:00pm Coloring Book Workshop	 3 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 11:50am Lunch & Learn 12:30pm Canasta 6:30pm Duplicate Bridge	 4 9:00am Video Exercise 1:00pm Rummikub 1:00pm Tax Aide	 5 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 4:15pm Zumba 6:30pm Duplicate Bridge	 6 9:00am Video Exercise 1:00pm Fri. Afternoon Cards 1:00pm Tax Aide 7:00pm Jazz Jam \$3	 7 5:30pm Cribbage \$3
8 1:30 Duplicate Bridge	9 9:00am Video Exercise 1:00pm Rummikub 1:00 pm Bethany Life in DR	10 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 7:00pm Monthly Dance @ Moose Lodge 6:30pm Duplicate Bridge	11 9:00am Video Exercise 1:00pm Tax Aide	12 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 4:15pm Zumba 6:30pm Duplicate Bridge	13 9:00am Video Exercise 1:00pm Fri. Afternoon Cards 1:00pm Tax Aide	14
15 1:30 Duplicate Bridge	16 9:00am Video Exercise 12:30pm Movie-- Wonder	17 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00 Book Discussion 6:30pm Duplicate Bridge	18 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3	19 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 4:15pm Zumba 6:30pm Duplicate Bridge	20 9:00am Video Exercise 1:00pm Fri. Cards 6:30pm Trivia Night @ City Church 7:00pm Country Jam \$3	21
22/29 1:30 Duplicate Bridge	23 9:00am Video Exercise 1:00pm Driver Safety Course 30 9:00am Video Exercise 1:00pm Coffee and Canvas Painting Craft	24 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Medicare Sem 12:30pm Canasta 6:30pm Duplicate Bridge	25 9:00am Video Exercise 1:00pm Coloring Book Workshop	26 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 4:15pm Zumba 6:30pm Duplicate Bridge	27 9:00am Video Exercise 1:00pm Fri. Afternoon Cards	28