

Heartland Senior Services of Story County
Activities and Resources
June 2018


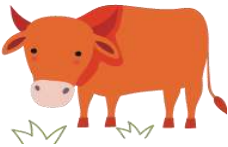
All Activities at Heartland unless noted.

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

Bus Trip to Iowa Cubs
Monday, June 11th
Leave at 10:15am & return
by 4:30pm

Canasta– 12:30pm
Tuesdays June 5th , 19th &
26th

Movie
Monday, June 18th at 1pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3	2 5:30 pm Cribbage \$3
3 1:30 Duplicate Bridge	4 9:00am Video Exercise 1:00pm Coloring Book Workshop	5 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge	6 9:00am Video Exercise 1:00pm Rummikub	7 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	8 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	9
10 1:30 Duplicate Bridge	11 9:00am Video Exercise 10:15 Bus Trip– Iowa Cubs Game 1:00pm Bethany Life-DR	12 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 7:00pm Monthly Dance @ Moose Lodge \$6 6:30pm Duplicate Bridge	13 9:00am Video Exercise 1:00am Rummikub	14 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	15 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Country Jam \$3	16 National Dairy Month 
17 1:30 Duplicate Bridge Father's Day	18 9:00am Video Exercise 12:30pm Movie– Just Getting Started	19 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge	20 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3	21 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	22 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	23
24 1:30 Duplicate Bridge	25 9:00am Video Exercise 1:00pm Bethany Life-DR	26 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate ridge	27 9:00am Video Exercise 1:00pm Coloring Book Workshop	28 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	29 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	30

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