

Heartland Senior Services of Story County
Activities and Resources
September 2018

All Activities at Heartland unless noted.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1		1
2 1:30 Duplicate Bridge	3 HSS Closed Labor Day 	4 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge	5 9:00am Video Exercise 12:30pm Movie– A Beautiful Mind 1:00pm: Rummikub	6 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	7 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00 Jazz Jam \$3	8 5:30pm Cribbage \$3
9 1:30 Duplicate Bridge	10 9:00am Video Exercise 12:30pm Senior Band Practice	11 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 7:00pm Monthly Dance @ Moose Lodge 6:30pm Duplicate Bridge	12 9:00am Video Exercise 1:00pm Coloring Book Workshop 1:00pm: Rummikub	13 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	14 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	15
16 1:30 Duplicate Bridge 	17 9:00am Video Exercise 12:30pm Senior Band Practice	18 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge	19 9:00am Video Exercise 1:00pm BUNCO \$3 1:00pm: Rummikub 7:00pm Jazz Jam \$3	20 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	21 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00 Country Jam \$3	22 Honey Bee Month 
23/30 1:30 Duplicate Bridge	24 9:00am Video Exercise 12:30pm Senior Band Practice	25 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 6:30pm Duplicate Bridge	26 9:00am Video Exercise 1:00pm Coloring Book Workshop 1:00pm: Rummikub	27 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	28 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	29

NATIONAL SENIOR CENTER MONTH

Coloring Book Workshop
Wed. Sept. 12 & 26

Movie– A Beautiful Mind
Wed. Sept. 5 at 12:30pm

Canasta
Sept. 4 & 18th at 12:30pm

BUNCO
Sept. 19 at 1pm. \$3 to play!

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