



All Activities at Heartland unless noted.

Heartland Senior Services
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HAPPY NEW YEAR!!!

BUNCO (is back)!!

Wed. Jan. 16th at 1pm, \$3

Lunch & Learn

Jan 10 @11:45am

Dave Fachman—Supplemental Food Program

Trivia Night—January 18th

6:30pm at City Church on Oakwood Rd.

Movie—Bogart month

Casablanca & The African

Queen

on Wed. Jan. 2nd and 30th @ 12:30pm

Bracelet-Making

Jan. 14 @1pm, \$3

NOTE: **NO COUNTRY JAM THIS MONTH**

Monthly dances new times: 6-9pm

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 New Years Day HSS CLOSED | 2 9:00am Video Exercise 12:30pm Movie — Casablanca | 3 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo | 4 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam | 5 5:30pm Cribbage \$3 |
| 6 12:30 Duplicate Bridge | 7 9:00am Video Exercise 12:30pm Senior Band Practice | 8 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:00pm Monthly Dance @ Moose Lodge | 9 9:00am Video Exercise 12:30 Rummikub 1:00pm Coloring Work- shop | 10 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12 pm Health Care 11:45 Lunch & Learn 1:00pm Bingo 6:30pm Duplicate Bridge | 11 9:00am Video Exercise 12:30pm Fri. Afternoon Cards | 12 |
| 13 12:30 Duplicate Bridge | 14 9:00am Video Exercise 12:30pm Senior Band Practice 1:00 pm Beaded Bracelets | 15 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta | 16 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam | 17 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo 6:30pm Duplicate Bridge | 18 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 6:30pm Trivia Night @ City Church | 19 January is “Thank You” month |
| 20 12:30 Duplicate Bridge | 21 9:00am Video Exercise 12:30pm Senior Band Practice | 22 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta | 23 9:00am Video Exercise 12:30 Rummikub 1:00pm Coloring Work- shop | 24 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo 6:30pm Duplicate Bridge | 25 9:00am Video Exercise 12:30pm Fri. Afternoon Cards | 26  |
| 27 12:30 Duplicate Bridge | 28 9:00am Video Exercise 12:30pm Senior Band Practice | 29 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta | 30 9:00am Video Exercise 12:30pm Movie —The African Queen | 31 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo 6:30pm Duplicate Bridge | | |