

## Heartland Senior Services of Story County **Activities and Resources** January 2019

All Activities at Heartland unless noted.

Heartland Senior Services 205 S. Walnut, Ames IA P: 515.233.2906 email: om com

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	email:
		I	2	3	4	5	<ul> <li>activities@hsservicesia.com</li> <li>heartlandseniorservices.com</li> </ul>
N/Z		New Years Day	9:00am Video Exercise	8:15am Tai Chi II 9:00am Tai Chi I	9:00am Video Exercise	5:30pm Cribbage \$3	HAPPY NEW YEAR!!
北东 業		HSS CLOSED	12:30pm <b>Movie</b> —	9:30am-12pm Health	12:30pm Fri. Afternoon		
***			Casablanca	Care 1:00pm Bingo	Cards 7:00pm Jazz Jam		BUNCO (is back)!!
							Wed. Jan. 16th at 1pm
6	7	8	9	10	11	12	
12:30 Duplicate Bridge	9:00am Video Exercise	8:15am Tai Chi II 9:00am Tai Chi I	9:00am Video Exercise	8:15am Tai Chi II 9:00am Tai Chi I	9:00am Video Exercise		Lunch & Learn
	12:30pm Senior Band	9:45am Songbirds	12:30 Rummikub	9:30am-12 pm Health	12:30pm Fri. Afternoon		Jan 10 @11:45am
	Practice	12:30pm Canasta		Care	Cards		Dave Fachman—Suppleme
		6:00pm Monthly Dance	1:00pm Coloring Work- shop	11:45 Lunch & Learn 1:00pm Bingo			Food Program
		@ Moose Lodge		6:30pm Duplicate Bridge			<u>Trivia Night–January 1</u>
							6:30pm at City Church o
13	<b>I 4</b> 9:00am Video Exercise	<b>I5</b> 8:15am Tai Chi II	<b>I 6</b> 9:00am Video Exercise	<b>I7</b> 8:15am Tai Chi II	<b>18</b> 9:00am Video Exercise	19	Oakwood Rd.
I 2:30 Duplicate Bridge	7.00alli video Exercise	9:00am Tai Chi I		9:00am Tai Chi I	7.00alli video Exercise	January is "Thank	Movie–Bogart mont
	12:30pm Senior Band	9:45am Songbirds	1:00pm BUNCO \$3	9:30am-12pm Health	12:30pm Fri. Afternoon	You" month	Casablanca & The Afri
	Practice	I 2:30pm Canasta	7:00pm Jazz Jam	Care I:00pm Bingo	Cards 6:30pm Trivia Night @		Queen
	I:00 pm Beaded			6:30pm Duplicate Bridge	City Church		on Wed. Jan. 2nd and 30t
	Bracelets						12:30pm
20	21	22	23	24	25	26	Bracelet-Making
	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	420	Jan. 14 @1pm, \$3
12:30 Duplicate Bridge	12:30pm Senior Band	9:00am Tai Chi I 9:45am Songbirds	12:30 Rummikub	9:00am Tai Chi I 9:30am-12pm Health	12:30pm Fri. Afternoon		
	Practice			Care	Cards	*	NOTE: **NO COUNTRY J
		12:30pm Canasta	1:00pm Coloring Work-			( A A	THIS MONTH**
			shop	6:30pm Duplicate Bridge			*Monthly dances new time 9pm*
27	28	29	30	31			
	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	8:15am Tai Chi II			Mission:
12:30 Duplicate Bridge	12:30pm Senior Band	9:00am Tai Chi I 9:45am Songbirds	12:30pm <b>Movie</b> —The	9:00am Tai Chi I 9:30am-12pm Health			We offer life-enriching opportun
	Practice		African Queen	Care			for older adults and provide sup
		12:30pm Canasta		1:00pm Bingo			for their families and caregivers.
				6:30pm Duplicate Bridge			