

Heartland Senior Services of Story County
Activities and Resources
February 2019

All Activities at Heartland unless noted.

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

email:
activities@hsservicesia.com
heartlandseniorservices.com

Book Discussion—A Man Called Ove

Feb. 19th @1pm with Cathy Cooney from APL

Craft—Valentine’s Gift Box
February 11th 1:00 Free

Monthly Dance

Tue. Feb 12th @ 6pm @ the Moose Family Center

MOVIE— Letters to Juliet
Wed. Feb 6th @12:30pm

BUNCO

Wed. Feb 20 @1pm

Lunch & Learn

Thur. Feb 14 @ 11:45am
Abigail Logan from ConnectAmerica

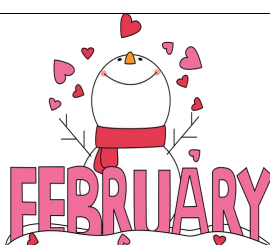
Coloring Workshop

Wed. Feb 13 & 27 @ 1pm

Tai Chi Free Class

Thurs. Feb. 28 @ 9am

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>3 12:30 Duplicate Bridge</p>	<p>4 8:00am Lifechoices Exercise Group 9:00am Video Exercise 12:30pm Senior Band</p>	<p>5 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta</p>	<p>6 9:00am Video Exercise 12:30pm Movie— Letters to Juliet</p>	<p>7 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>1 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3</p>	<p>2 5:30pm Cribbage \$3</p>
<p>10 12:30 Duplicate Bridge</p>	<p>11 9:00am Video Exercise 12:30pm Senior Band Practice 1:00pm Craft- Valentine’s Day gift box</p>	<p>12 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:00pm Monthly Dance @ Moose Lodge</p>	<p>13 9:00am Video Exercise 1pm Coloring Workshop 1pm Rummikub</p>	<p>14 Valentine’s Day 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 11:45am Lunch and Learn 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>15 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Country Jam \$3</p>	<p>16</p>
<p>17 12:30 Duplicate Bridge</p>	<p>18 8:00am Lifechoices Exercise Group 9:00am Video Exercise 12:30pm Senior Band</p>	<p>19 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1pm Book discussion— A Man Called Ove</p>	<p>20 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3</p>	<p>21 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>	<p>22 9:00am Video Exercise 12:30pm Fri. Afternoon Cards</p>	<p>23</p>
<p>24 12:30 Duplicate Bridge</p>	<p>25 9:00am Video Exercise 12:30pm Senior Band Practice</p>	<p>26 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta</p>	<p>27 9:00am Video Exercise 1pm Coloring Workshop 1pm Rummikub</p>	<p>28 8:15am Tai Chi II 9:00am Tai Chi I (free class) 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge</p>		