

HSS Closed

Heartland Senior Services of Story County **Activities and Resources** May 2019

1:00pm Bingo

6:30pm Duplicate

Cards

tion Class

1:00-3:00 pm Fall Preven-



All activities are at HSS unless noted.

Heartland Senior Services 205 S. Walnut, Ames IA P: 515.233.2906 mail: ctivities@hsservicesia.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			ı	2	3	4
70			9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	5:30pm Cribbage \$3
M 61 1				9:00am Tai Chi I		
77 (11)			12:30pm Movie—	9·30-12 Health Care	12:00pm Fri Afternoon	

			I	2	3	4
1			9:00am Video Exercise	8:15am Tai Chi II 9:00am Tai Chi I	9:00am Video Exercise	5:30pm Cribbage
W CIT			I 2:30pm Movie—	9:30-12 Health Care	12:00pm Fri. Afternoon	
1000			Big Eyes	1:00pm Bingo	Cards	
			2.6 =/ 65	6:30pm Duplicate	J 25	
de se				Bridge	7:00pm Jazz Jam \$3	
5	6	7	8	9	10	П
	9:00am Video Exercise	8:00 am Lifechoices	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	
1:30 Duplicate Bridge		Exercise Group		9:00am Tai Chi I		
	12:30pm Senior Band	8:15am Tai Chi II	1:00pm Coloring	9:30-12 Health Care	12:00pm Fri. Afternoon	
	Practice	9:00am Tai Chi I	Workshop	1:00pm Bingo	Cards	
	I:00pm—Craft - Duct	9:45am Songbirds 12:30pm Canasta	1:00pm Rummikub	6:30pm Duplicate		
	Tape Purse/Wallet	12.50pm Canasta		Bridge		
12	13	14	15	16	17	18
Mother's Day	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	
		9:00am Tai Chi I		9:00am Tai Chi I	12:00pm Fri. Afternoon	
1:30 Duplicate Bridge	12:30pm Senior Band	9:45am Songbirds	I:00pm BUNCO \$3	9:30-12 Health Care	Cards	
	Practice	12:30pm Canasta		1:00pm Bingo		
	1:00pm—Paper Craft—	6:00pm Monthly	7:00pm Jazz Jam \$3	6:30pm Duplicate	7:00pm Country Jam \$3	
	Greeting Card	@Moose Lodge \$6		Bridge		
19	20	21	22	23	24	25
	9:00am Video Exercise	8:00 am Lifechoices	9:00am Video Exercise	8:15am Tai Chi II	9:00am Video Exercise	
1:30 Duplicate Bridge		Exercise Group		9:00am Tai Chi I	12:00pm Fri. Afternoon	
	12:30pm Senior Band	8:15am Tai Chi II	1:00pm Coloring	9:30-12 Health Care	Cards	
	Practice	9:00am Tai Chi I	Workshop	1:00pm Bingo	1:00-3:00 pm Fall Preven-	
		9:45am Songbirds	1:00pm Rummikub	6:30pm Duplicate	tion Class	
26	27	28	29	30	31	
	Memorial Day	8:15am Tai Chi II	9:00am Video Exercise		9:00am Video Exercise	
1:30 Duplicate Bridge		9:00am Tai Chi I		9:00am Tai Chi I		
		9:45am Songbirds	12:30pm Movie— Lin-	9:30-12 Health Care	I2:00pm Fri. Afternoon	

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12:30 Canasta

COLORING WORKSHOP

Wed. May 8 & 22 @ Ipm **CRAFT**

Duct tape purse/walllet May 6th 1:00pm—free

PAPER CRAFT

Greeting card May 13, 1:00pm—free

MONTHLY DANCE MOVIES Big Eyes

Wed. May I @ 12:30pm Lincoln

Wed. May 29 @ 12:30pm

HAPPY MEMORIAL DAY!

May 27th- HSS closed

FALL PREVENTION CLASS

May 24 & 31 & June 7th 1:00—3:00pm Call or stop by to register.

Upcoming Bus Trip

Monday, June 10th Iowa Cubs Game Call to reserve a seat!

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