





All activities are at HSS unless noted.

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

email:
activities@hsservicesia.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00am Video Exercise 12:30pm Movie— Big Eyes	2 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	3 9:00am Video Exercise 12:00pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3	4 5:30pm Cribbage \$3
5 1:30 Duplicate Bridge	6 9:00am Video Exercise 12:30pm Senior Band Practice 1:00pm—Craft - Duct Tape Purse/Wallet	7 8:00 am Lifechoices Exercise Group 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	8 9:00am Video Exercise 1:00pm Coloring Workshop 1:00pm Rummikub	9 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	10 9:00am Video Exercise 12:00pm Fri. Afternoon Cards	11
12 Mother's Day 1:30 Duplicate Bridge	13 9:00am Video Exercise 12:30pm Senior Band Practice 1:00pm—Paper Craft— Greeting Card	14 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:00pm Monthly @Moose Lodge \$6	15 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3	16 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	17 9:00am Video Exercise 12:00pm Fri. Afternoon Cards 7:00pm Country Jam \$3	18
19 1:30 Duplicate Bridge	20 9:00am Video Exercise 12:30pm Senior Band Practice	21 8:00 am Lifechoices Exercise Group 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds	22 9:00am Video Exercise 1:00pm Coloring Workshop 1:00pm Rummikub	23 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate	24 9:00am Video Exercise 12:00pm Fri. Afternoon Cards 1:00-3:00 pm Fall Preven- tion Class	25
26 1:30 Duplicate Bridge	27 Memorial Day HSS Closed	28 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30 Canasta	29 9:00am Video Exercise 12:30pm Movie— Lin- coln	30 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate	31 9:00am Video Exercise 12:00pm Fri. Afternoon Cards 1:00-3:00 pm Fall Preven- tion Class	

COLORING WORKSHOP

Wed. May 8 & 22 @ 1pm

CRAFT

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

PAPER CRAFT

Greeting card
May 13, 1:00pm—free

MONTHLY DANCE

MOVIES

Big Eyes
Wed. May 1 @ 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.