



60 FORWARD

As a partnership between Ames Parks & Recreation, Heartland of Story County, and Mary Greeley Medical Center, Sixty Forward connects those 60+ in Ames and throughout Story County to shared facilities and a wide range of programming that supports a physically active, socially vibrant, and healthy life.

FIND YOUR FUN

Live an active lifestyle in every stage of life

Sixty Forward will connect those 60+ to individual opportunities and a wide variety of classes, leagues, and lessons.

CONNECT TO OTHERS

Foster your sense of community

Organized and drop-in programs will make it easy to meet new people and connect with others, get the support needed during challenging times, and provide ways to give back to others in our community.

KEEP YOUR HEALTH

Get access to services and resources for daily living

As health needs shift, Sixty Forward will connect those individuals to a variety of health services and resources in support of living independent lives.

A PARTNERSHIP BETWEEN



TO HAVE A GROUP PRESENTATION
OR TO LEARN MORE, CALL
515-231-4354

60 FORWARD

A PARTNERSHIP BETWEEN



Beginning in 2024



SIXTY FORWARD

Services, activities and events are hosted and facilitated by the three Sixty Forward partners for those 60+ in Ames and Story County.

PHYSICAL ACTIVITY

It is easy to get and stay active. Sixty Forward has something for everyone, with a variety of physical activities.

- **Classes**—aerobics, yoga, Silver Sneakers®, Tai Chi, SPIIF Lift, Zumba® Gold
- **Aqua Exercise**—water aerobics, water walking at Furman Aquatic Center, Joints in Motion
- **Strength/Cardio Equipment**—orientation sessions to EGYM and cardio equipment, personal trainers, prescribed individual workouts
- **Sport Leagues & Lessons**—Pickleball at Inis Grove Park, golf at Homewood Golf Course, disc golf, badminton, shuffleboard
- **Clubs**—kayaking, paddleboarding, biking, walking in the Ames park system

SOCIAL NETWORKS

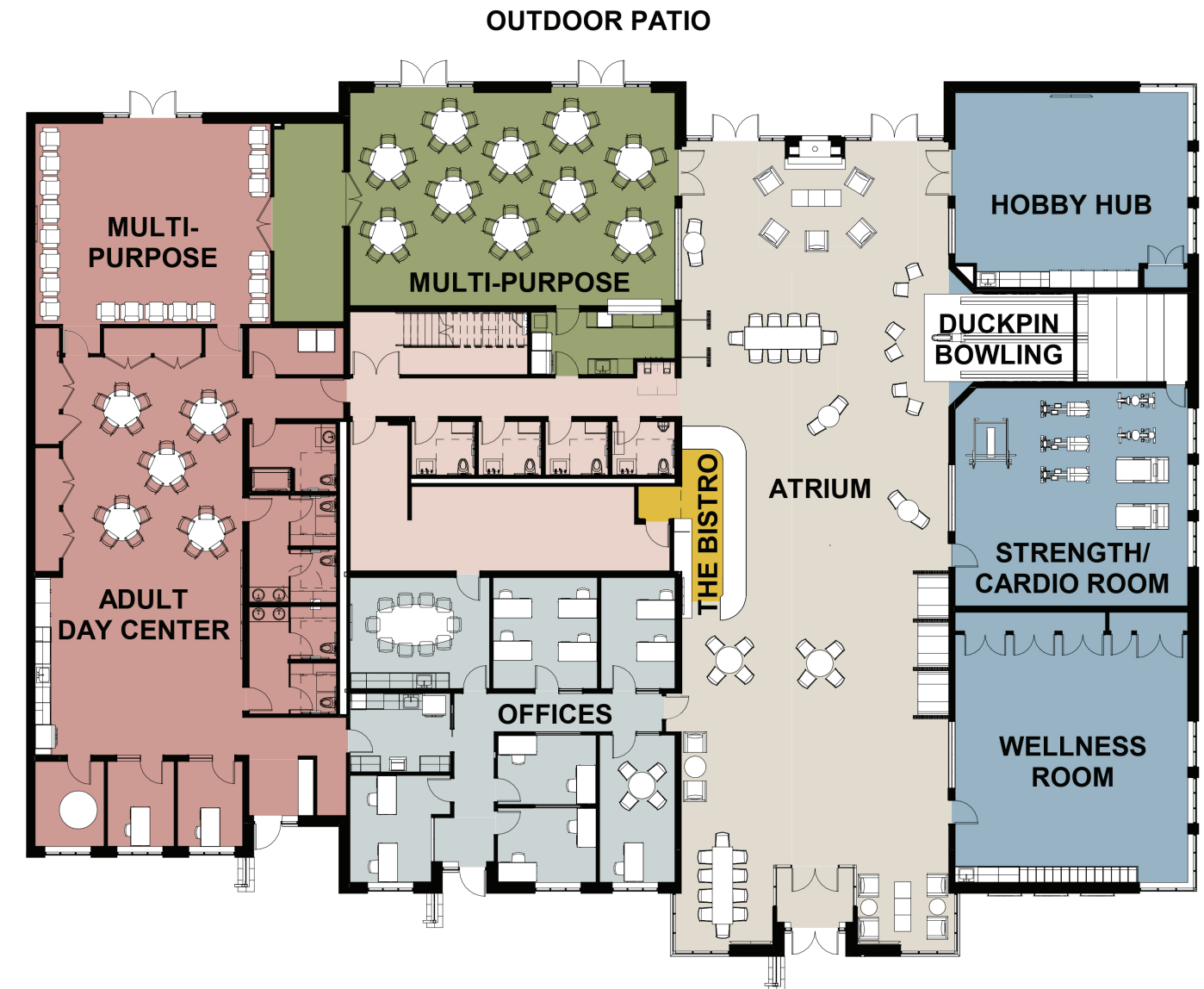
There are many ways to learn a new skill, make new friends, and find a wide array of ongoing interactive experiences to stay connected.

- **Classes**—arts/crafts, Unlocking Brain Fitness, MGMC's Building Resilience & Cognitive Reserves, dance, cooking demonstrations, financial/retirement planning
- **Clubs**—book discussions, wine and beer tastings, cribbage, cards, woodworking, quilting
- **Events**—live music, trivia, board game nights, bus trips, Prime Time Alive, game watch, Duckpin Bowling
- **Volunteerism**—friendly visitor, Meals on Wheels, library, grocery pick-up and delivery, medical centers, welcome kiosks
- **The Bistro**—cafe-style food, meet for a beverage, Grab & Go options, make new friends

HEALTH AND NUTRITION

Health needs shift as we age. Sixty Forward connects individuals and families to a variety of health services for daily living.

- **Classes**—nutrition and diabetes education, Sleep & Human Aging, SHIP counseling, Senior Driver Safety Program
- **Support Groups**—caregivers, bereavement, cancer, dementia, Parkinson's
- **Outreach**—Heartland's professional in-home visits provide connections to existing resources, home environment review for safety/equipment needs
- **Daily Living Support**—Heartland Adult Day Center, MGMC Home Health, Meals on Wheels, grocery delivery program
- **Health Screenings & Clinics**—flu shots and Covid boosters, foot and nail care, blood pressure checks



SIXTY FORWARD CENTER

The Sixty Forward Center will have a bright and airy atrium for gathering, state-of-the-art strength/cardio equipment, Duckpin Bowling, multipurpose rooms, and an Adult Day Center. The Sixty Forward Center also includes The Bistro. It is a relaxing and fun place to gather with friends for a beverage and to enjoy great food.



Opening in 2024



The Sixty Forward Center is located at 205 S. Walnut in Ames and serves as the headquarters for Sixty Forward and the offices of Heartland of Story County.