

Have a heart for Heartland.

Your support is needed and appreciated.

SAVOR SUMMER AT THE BISTRO

This summer, treat yourself and a friend to something light and flavorful at The Bistro. Enjoy the freshest locally sourced ingredients from Clayton Farms greens and microgreens. Cool off with Chocolaterie Stam gelato or a beer from Torrent Brewing Company or Alluvial Brewing. Find your perfect mix of relaxing and refreshing.

Located in the bright, welcoming Atrium of the Sixty Forward Center, The Bistro is your go-to café-style restaurant for great food, good company, and warm conversation. Whether you're starting your day


with a flaky Quiche Lorraine or refueling with a premium Bistro Burger, our menu is crafted with care and local flair.

We proudly feature greens and microgreens from nearby Clayton Farms, serve up authentic espresso from our Italian-imported machine, and brew Morning Bell coffee to keep you going. Indulge in Chocolaterie Stam gelato or unwind with a local beer from Torrent Brewing Company or Alluvial Brewing.

Every dish is made with fresh ingredients by our talented Bistro



Bistro House Salad

staff, and every visit offers a chance to connect with friends — new and long-time. So come hungry, leave happy, and enjoy the flavors of the season at The Bistro. 



We're proud to share that the Sixty Forward Center won the 2024 Community Impact Project of the Year award from the Ames Regional Economic Alliance, as well as the Excellence in Construction Award from the Associated Builders and Contractors of Iowa.

10,000+
customers
have enjoyed The Bistro



NEWSLETTER

SUMMER 2025




THE SIXTY FORWARD CENTER HAS COME ALIVE

Beneath the bright and airy Atrium long-time friends gather at The Bistro and new friends connect for Meet-Ups. Games get played, classes get filled, and the EGYM circuits get cycled through for healthier, happier days now and ahead. Others relax, recharge, and engage at our new Adult Day Center space, seek solace in our support groups, and find joy in our health and nutritional programs.

This is a peek of the bustling activity and life flourishing inside the Sixty Forward Center — our new hub and haven that could not have been possible without your help. More than 675 individuals stepped up to make a difference in our community with generous donations and support. You helped rewrite the vision of aging for those 60+ in Story County. This gorgeous facility is just

one outcome of that, too. Your involvement has rippled out into the greater Story County area for impacts that are just getting started.

With the Sixty Forward Center as our new headquarters, we have witnessed firsthand the physically active, socially vibrant, and healthy life being found within this beautiful space. If you have not already, we invite you to reap the rewards of your support and come visit us at the Center. Sign up for a free orientation session to get well-acquainted with the space and offerings. Peruse the upcoming events on the calendar on the Sixty Forward website. Stop by The Bistro for a meal or treat, and bring a friend. At Sixty Forward Center, we're offering a whole new experience for those 60+, one we hope to normalize for those in Ames and Story County. 

SIXTY FORWARD BY THE NUMBERS

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| 500+ people completed an orientation session | 12 regulars in the Duckpin Bowling League | 15 weekly fitness classes offered | 65 Bingo hours from 3 volunteer callers since November 2024 | 2x daily participants at the Adult Day Center |
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**NOTE FROM PAM WHITE,
BOARD PRESIDENT**

**HEARTLAND OF STORY
COUNTY IS THRIVING
THANKS TO YOU**

After a spring season of reawakening and growth, I have had the pleasure of witnessing Heartland of Story County follow suit — continuing to provide those 60+ with new connections and opportunities to blossom and flourish now in a new space.



In the last seven months since we have moved our headquarters, the Adult Day Center, and our programming to the new Sixty Forward Center, our classes have filled, our programs have teemed with people, and our services have continued to support people. Our mission to enrich the lives of individuals 60+ in Story County and provide support for their families and caregivers is alive and thriving each day.

I am grateful to everyone in our community who helps us live the Heartland of Story County mission. I am thankful for the staff of experts and professionals who put their hearts and passion into the work they do each day. And I owe so much gratitude to our participants who give our programs and organization purpose and life.

Please stay tuned as Sixty Forward continues to evolve and life-changing connections continue to be made.

**FROM LONELY DAYS
TO LIVELY CONNECTIONS:**

MONNA FINDS JOY AT THE ADULT DAY CENTER



Monna Scheid

Days can get long and lonely when you're living on your own. No one knew that better than 95-year-old Monna Scheid. Living by herself in an apartment on her family farm outside of Zearing, Monna saw her family now and again, but she missed the regular connection with her peers and days full of activity to look forward to. She also suffered from health conditions that put her at a higher fall risk.

In January, Monna discovered the engagement and support she was looking for with the Adult Day Center. Twice a week, Monna's daughter-in-law drops her off at the Sixty Forward Center on her way to a dojo in Ames. And twice a week Monna enjoys getting out of her apartment into a vibrant, caring environment to socialize.

At the Center, Monna plays games like Uno. She stays active with group-led exercises. She keeps informed and engaged in current events. The variety and thoughtfulness of the programming has pleasantly surprised her — that and the exceptional attentiveness and genuine compassion of the staff.

"The staff is just excellent," Monna says. "They're so attentive, and they're so good, even with people who do not respond, and I see the love and the genuine care that they give."

Monna highly recommends the Adult Day Center to other adults who are 60 and above, particularly those living alone or needing extra care during the day.

"I certainly am blessed because the facility is here, and I can take advantage of it." 🍷



Adult Day Center



30
Atrium
Ambassadors
have provided
930 hours of service
since November 2024



MEET THE ATRIUM AMBASSADORS

DELIVERING A WARM WELCOME TO ALL WHO VISIT THE SIXTY FORWARD CENTER

For those who have visited and for those who have yet to stop by: The moment you step into the Sixty Forward Center, you are greeted by one of the friendly Atrium Ambassadors — a volunteer team at the heart of the Center who are here to make your visit as seamless and enjoyable as possible.

Whether you're stopping by for the first time or have questions about what all Sixty Forward has to offer, our Ambassadors are ready to share a warm smile, a friendly chat, and the information you need. Curious about an upcoming program? Need help navigating our website? Our Ambassadors have a laptop at their desk and can walk you through upcoming events, help you register, or answer questions. They're also happy

to give tours and explain the wide variety of services, activities, and events offered by our three community partners.

And if you're visiting The Bistro, you might spot an Ambassador lending a hand — topping off your coffee or wiping down tables to keep the space inviting for all.

At Sixty Forward, you'll find more than just activities and services — you'll find a connection. The Atrium Ambassadors are on hand to make sure you feel at home from the moment you walk through the door.

Come see what's happening, make a new friend, and take that first step forward — together. 🍷

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