



Heartland Board News

Upcoming Events:

- **February 24**
Afternoon Tea, "Hats Off to Heartland," 30th Anniversary theme, HSS, 3:00PM, \$2 donation. Tea and refreshments; program by the Belles of ISU. Wear your favorite fancy hat. Call for reservations. 30, 60, and 90-year-olds will be honored.
- **March 3**
New! Bridge Lessons, Wednesdays, HSS, 1:00PM. Call to register.
- **March 8**
St. Paddy's Dance, HSS, 7:00PM. Music by the Dixie Slicks, \$3.
- **March 9**
Musical Program, "Hot Gas," featuring Vaudeville, Ragtime, Blues and Honky Tonk with Harry Weiss, HSS, 1:00PM.
- **March 16**
Medicare Insurance Programs with Humana, Inc., HSS, 1:00PM
- **March 19**
Jam Session & Dinner, HSS, Soup dinner at 5:30PM—\$5; Jam Session at 7:00PM.

Upcoming special events: Spring Fling Dance, April 12, 7:00PM; Day Trip to Dubuque River Museum, April 16; Shopping Trip to Des Moines, April 19; Guitarist Robert Belinic, April 28; Day Trip to Matchstick Marvels Museum in Gladbrook in May.

For more information on any of these programs, please contact Deb Hoyt (233-2906). All events open to the public unless otherwise noted.

Focus on Activities and Resources

What do all of these things have in common?

- Free tai chi classes
- Assistance in tax preparation
- Access to free legal advice and consultation
- Singing with the award-winning Songbirds
- Organ lessons
- Playing with the sensational Senior Band
- Writing creative material for a reader's group to perform
- Monthly dances (Monday nights)
- Weekly bingo (senior centers can't be without this, you know!)
- Participating in discussions on and listening to the music of World War II
- Access to foot care and blood pressure checks (provided by the Homeward staff)
- Plenty of card games, from bridge to 500, going on from afternoon to night
- Computer classes—off-site, in your home, or in our building.

This is just a brief sampler of the activities available from Heartland Senior Services. They all take place at 205 Walnut (except for in-person computer instruction in your home) and most are offered free or for a modest charge.

During some of our recent congregate meals, we have enjoyed fine musical performances. The Ames High School String Chamber Or-

chestra and an internationally famous harp player from Wales (the personal harpist to one of the royal families) entertained diners. An upcoming musical presentation will feature Robert Belinic, a guitarist who is an artist in residence at ISU.

Several future events will celebrate the 30th anniversary of Heartland Senior Services. These occasions will highlight Heartland's many opportunities for seniors and acknowledge our community supporters. Among them—

- February 24, Afternoon Tea (see details at far left)
- April 1, Annual Spring Dinner, with a special preview of the Variety Show
- June 3, Heartland at Ames Bandshell—a Thursday night presentation by Heartland's Senior Band and other performers. It will also be a chance to say "thank you" to all donors and volunteers.
- July 31, Treasure/Garage Sale. Save your treasure and save this date. This unique fundraiser will focus on items at least 30 years old. (May include an auction, too!)

From tai chi to computers, from taxes to card playing, from creative culture events to anniversary happenings, the HSS calendar is filled with way to enjoy our vibrant, socially active Center. Come sample our many offerings! For more information, stop by or call Deb Hoyt, Director of the Activities and Resource Center.♥

Updates from Heartland:

- Heartland recently received notice of grants from Altrusa International, and Kiwanis. Thanks to this to this continuing community support, Heartland is able to provide services and programs to the community. Programs like *Outreach* are not self-supporting and are successful because of a strong mixture of ASSET support and private community donations.
- Heartland's ASSET funding was increased by 2.75% for a total of \$9,000.

We're on the Web!
www.heartlandseniorservices.com

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Celebrating 30 years of service !