

## Criteria of Eligibility for Individual & Group Activities/Services:

- 60+ years of age. Younger adults may participate in certain activities, however, they may be required to pay full costs of activity/service.
- Be able to function independently and take care of personal needs. Reasonable assistance of opening/closing of doors or carrying trays, can be provided by volunteers or staff. If designated at nursing home level of care, participants must be accompanied by a personal attendant at all times.
- Be able to communicate needs and comprehend information and directions for an activity/service. This includes making appointments and or reservation for a specific activity/service.

### Mission Statement

*Heartland Senior Services of Story County offers life-enriching opportunities for older adults and provides support for their families and caregivers.*

Visit our Web site:

[www.HeartlandSeniorServices.com](http://www.HeartlandSeniorServices.com)

*Funding: Aging Resources of Central Iowa, community & county funds, HIRTA, HSS Foundation, Inc., private donations, Story County Community Foundation, and United Way of Story County*



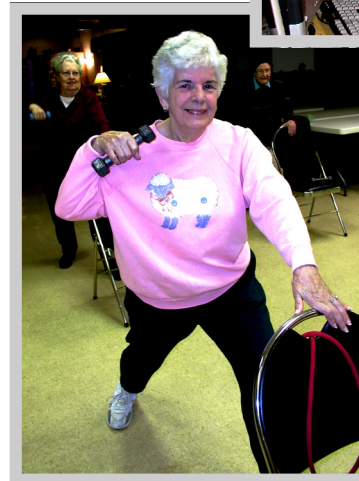
# Activity & Resource Center

205 S. Walnut  
Ames, IA 50010  
515-233-2906



Join us at  
Heartland,

where life...



...is in full bloom!

  
**HEARTLAND**  
Senior Services

Story County Resources for Successful Aging

# Heartland's Activity & Resource Center

*a place to socialize,  
exercise, learn, and have fun!*



- Older adults enjoy a variety of activities that meet the need for continued growth and independence.
- Caregivers, seniors, students, and the general public find the center an informative resource concerning older adult issues.

## Activity Opportunities:

- Exercise Class
- Tai Chi Class
- Yoga Class
- Heartland Songbirds Chorus
- Heartland Senior Band
- Heartland Readers Theater
- Computer Instruction
- Annual Variety Show
- Homeward Health Clinic
- AARP Tax Aide
- Monthly Dances
- Country Jam Sessions
- Jazz Jams
- Bingo
- Informal Card Groups
- Friday Afternoon Card Club
- Guest speakers
- Memoir Writing Class
- Writing Group
- Cribbage Night
- Book discussions



## Volunteer Opportunities:

- Building/Ground Maintenance
- Activity Leaders
- Special Events Volunteers
- Special Project Volunteers  
(and many other HSS volunteer openings)

**For more information/registration,  
contact the Activity & Resource  
Director at 515-233-2906,  
Email: [info@hsservicesia.com](mailto:info@hsservicesia.com)**