




Heartland Senior Services of Story County
Activities and Resources
July 2018

All Activities at Heartland unless noted.
Heartland Senior Services
205 S. Walnut, Ames IA
P: 515.233.2906
email: activities@hsservicesia.com
www.heartlandseniorservices.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Duplicate Bridge	2 9:00am Video Exercise 1:00pm Rummikub	3 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge	4 July 4th– HSS closed 	5 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	6 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3	7
8 1:30 Duplicate Bridge	9 9:00am Video Exercise	10 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 7:00pm Summer Dance @ Moose Lodge \$6 6:30pm Duplicate Bridge	11 9:00am Video Exercise 1:00pm Coloring Book Workshop 1:00pm Rummikub	12 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 11:45am: Lunch & Learn 1:00pm Bingo 6:30pm Duplicate Bridge	13 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	14
15 1:30 Duplicate Bridge	16 9:00am Video Exercise 1:00pm Rummikub	17 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Book Discussion 6:30pm Duplicate Bridge	18 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3	19 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	20 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 6:30pm Trivia Night @ City Church 7:00pm Country Jam \$3	21 National Ice Cream Month 
22 1:30 Duplicate Bridge	23 9:00am Video Exercise 12:30pm Movie— Amelia Earhart	24 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 6:30pm Duplicate Bridge	25 9:00am Video Exercise 1:00pm Coloring Book Workshop	26 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	27 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	28
29 1:30 Duplicate Bridge	30 9:00am Video Exercise 1:00pm Rummikub	31 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:30pm Duplicate Bridge				

Trivia Night

Fri. July 20th @ 6:30pm
City Church. Cost \$12.

Bus Trip to Iowa State Fair

Wed. Aug. 15th
Call to reserve a seat!

Lunch & Learn—

Thur. July 12 @11:45am
Guest Speaker from the Ames
Historical Society

Book Discussion—

Nightingale Tues. July 17 at
1pm

HAPPY 4th of JULY

**Enjoy your time with
family and friends**

MOVIE—Amelia Earhart

Monday, July 23rd at 12:30pm

No Cribbage in July

Mission: We offer life-enriching opportunities for older adults and provide support for their families and caregivers.