

**Heartland Senior Services of Story County**  
**Activities and Resources**  
**November 2018**

All Activities at Heartland unless noted.

Heartland Senior Services  
205 S. Walnut, Ames IA  
P: 515.233.2906  
email:

activities@hsservicesia.com  
**Heartland Senior Services is closed on Nov. 22nd & 23rd**

**Happy Thanksgiving to you and your family!**

**Candy Cane Wreath-Making**

Tuesday, Nov. 27 @ 1pm  
\$5 per person

**Lunch & Learn**

Abigail Logan from Connect-America  
Wednesday, November 7 at 11:45am




**Monthly Dance**

November 13 at 7pm at Moose Lodge. \$6 per person

**Movie—The Greatest Showman**

Wednesday, November 21 at 12:30pm

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><b>1</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo</p> <p>6:30pm Duplicate Bridge</p>	<p><b>2</b></p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards</p> <p>7:00pm Jazz Jam \$3</p>	<p><b>3</b></p> <p>5:30pm Cribbage \$3</p>
<p><b>4</b></p> <p>1:30 Duplicate Bridge</p>	<p><b>5</b></p> <p>9:00am Video Exercise 12:30 Senior Band Practice</p>	<p><b>6</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta</p> <p>6:30pm Duplicate Bridge</p>	<p><b>7</b></p> <p>9:00am Video Exercise 11:45am Lunch and Learn</p> <p>1:00pm: Rummikub</p>	<p><b>8</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo</p> <p>6:30pm Duplicate Bridge</p>	<p><b>9</b></p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards</p> <p>1pm Marathon Bridge Party</p>	<p><b>10</b></p> <p><b>November is National Pomegranate Month!</b></p> 
<p><b>11</b></p> <p>1:30 Duplicate Bridge</p>	<p><b>12</b></p> <p>9:00am Video Exercise 12:30 Senior Band Practice</p>	<p><b>13</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta</p> <p>6:30pm Duplicate Bridge 7:00pm Monthly Dance</p>	<p><b>14</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Coloring Workshop 1:00pm: Rummikub</p> <p>7:00pm Jazz Jam \$3</p>	<p><b>15</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo</p> <p>6:30pm Duplicate Bridge</p>	<p><b>16</b></p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Country Jam \$3</p>	<p><b>17</b></p>
<p><b>18</b></p> <p>1:30 Duplicate Bridge</p>	<p><b>19</b></p> <p>9:00am Video Exercise 12:30 Senior Band Practice</p>	<p><b>20</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds</p> <p>6:30pm Duplicate Bridge</p>	<p><b>21</b></p> <p>9:00am Video Exercise</p> <p><b>Movie—The Greatest Showman</b> @12:30pm</p>	<p><b>22</b></p> <p><b>HSS CLOSED</b> Thanksgiving</p> 	<p><b>23</b></p> <p><b>HSS CLOSED</b></p>	<p><b>24</b></p>
<p><b>25</b></p> <p>1:30 Duplicate Bridge</p>	<p><b>26</b></p> <p>9:00am Video Exercise 12:30 Senior Band Practice</p>	<p><b>27</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 1pm: Wreath-making 6:30pm Duplicate Bridge</p>	<p><b>28</b></p> <p>9:00am Video Exercise</p> <p>1:00pm Coloring Workshop 1:00pm: Rummikub</p>	<p><b>29</b></p> <p>8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo</p> <p>6:30pm Duplicate Bridge</p>	<p><b>30</b></p> <p>9:00am Video Exercise 12:30pm Fri. Afternoon Cards</p>	