



All Activities at Heartland unless noted.

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

email:
 activities@hsservicesia.com
 heartlandseniorservices.com

HAPPY NEW YEAR!!!

BUNCO (is back)!!

Wed. Jan. 16th at 1pm, \$3

Lunch & Learn

Jan 10 @11:45am

Dave Fachman—Supplemental Food Program

Trivia Night—January 18th

6:30pm at City Church on Oakwood Rd.

Movie—Bogart month

Casablanca & The African Queen

Queen

on Wed. Jan. 2nd and 30th @ 12:30pm

Bracelet-Making

Jan. 14 @1pm, \$3

NOTE: **NO COUNTRY JAM THIS MONTH**

Monthly dances new times: 6-9pm

Mission:

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day HSS CLOSED	2 9:00am Video Exercise 12:30pm Movie —Casablanca	3 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo	4 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam	5 5:30pm Cribbage \$3
6 12:30 Duplicate Bridge	7 9:00am Video Exercise 12:30pm Senior Band Practice	8 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:00pm Monthly Dance @ Moose Lodge	9 9:00am Video Exercise 12:30 Rummikub 1:00pm Coloring Workshop	10 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12 pm Health Care 11:45 Lunch & Learn 1:00pm Bingo 6:30pm Duplicate Bridge	11 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	12
13 12:30 Duplicate Bridge	14 9:00am Video Exercise 12:30pm Senior Band Practice 1:00 pm Beaded Bracelets	15 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	16 9:00am Video Exercise 1:00pm BUNCO \$3 7:00pm Jazz Jam	17 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	18 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 6:30pm Trivia Night @ City Church	19 January is “Thank You” month
20 12:30 Duplicate Bridge	21 9:00am Video Exercise 12:30pm Senior Band Practice	22 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	23 9:00am Video Exercise 12:30 Rummikub 1:00pm Coloring Workshop	24 8:15am Tai Chi II 9:00am Tai Chi I 9:30am-12pm Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	25 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	26 
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