

Heartland Senior Services of Story County
Activities and Resources
March 2019

All Activities at Heartland unless noted.

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

email:
activities@hsservicesia.com
heartlandseniorservices.com

**Set your clocks back
Sunday, March 10th!**

CRAFT-

Mon. March 18th 1:00pm
Book Birdhouse

MOVIE-

Wed. Mar 6th @12:30pm
Fried Green Tomatoes

Lunch & Learn

Tues. March 5th @ 11:45 Mary
Ellen Metzger - Nutrition

Thursday March 7th @11:45
Keliena from MICA




Tues. March 12th @ 11:45
Mary Ellen Metzger - Nutrition

March 27th @ 11:45 Melody
Rail - Nutrition Facts on Labels

BUNCO

Wed. Feb 20 @ 1pm, \$3 to

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 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3	2 5:30pm Cribbage \$3
3 12:30 Duplicate Bridge	4 9:00am Video Exercise 12:30pm Senior Band Practice	5 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 11:45 Lunch & Learn 12:30pm Canasta	6 9:00am Video Exercise 12:30pm Movie — Fried Green Tomatoes	7 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 11:45 Lunch & Learn 1:00pm Bingo 6:30pm Duplicate Bridge	8 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	9
10 Daylight Savings— Spring back! 1:30 Duplicate Bridge	11 9:00am Video Exercise 12:30pm Senior Band Practice	12 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 11:45 Lunch & Learn 12:30pm Canasta 6:00pm Monthly Dance @Moose Lodge	13 9:00am Video Exercise 1pm Coloring Work- shop 1pm Rummikub	14 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	15 9:00am Video Exercise 12:30pm Fri. Afternoon Cards 7:00pm Country Jam \$3	16
17  St. Patrick's Day 1:30 Duplicate Bridge	18 9:00am Video Exercise 12:30pm Senior Band Practice 1:00pm Craft-Book Birdhouse	19 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	20 9:00am Video Exercise 1:00 pm BUNCO \$3 7:00pm Jazz Jam \$3	21 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	22 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	23
24 1:30 Duplicate Bridge	25 9:00am Video Exercise 12:30pm Senior Band Practice	26 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	27 9:00am Video Exercise 11:45 Lunch & Learn 1pm Coloring Work- shop 1pm Rummikub	28 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	29 9:00am Video Exercise 12:30pm Fri. Afternoon Cards	30 Quote of the Month: “In March the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground” -John Steinbeck
31 1:30 Duplicate Bridge						