



All activities are at Heartland unless noted.

Heartland Senior Services
205 S. Walnut, Ames IA
P: 515.233.2906
email:
activities@hsservicesia.com
heartlandseniorservices.com

MOVIE-
Wed. April 3rd
Easter Parade

Lunch and Learn
Thurs. April 4th
Shining a Light on LED Rebates
With Iowa State Cyclone
Energy Team

CRAFT-
Mon. April 8th 1:00 pm
Easter craft

Trivia Night at City Church
April 12th 6:30 pm

PAPER CRAFTING-
Mon. April 15th 1:00 pm

Spring Luncheon
Wed. April 17th
Call to reserve your spot
515-233-2906

BUNCO
Wed. Apr 17 @ 1pm

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7 EASTER	1 8:00 am Lifechoices Exercise Group 9:00am Video Exercise 12:30pm Senior Band	2 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	3 9:00am Video Exercise 12:30pm MOVIE: Easter Parade w/Judy Garland	4 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	5 9:00am Video Exercise 1:00pm Fri. Afternoon Cards 7:00pm Jazz Jam \$3	6 5:30pm Cribbage \$3
14 1:30 Duplicate Bridge	8 9:00am Video Exercise 12:30pm Senior Band Practice 1:00 Craft- Easter theme	9 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 6:00pm Monthly Dance @ Moose Lodge	10 9:00am Video Exercise 1:00pm Coloring Workshop 1:00pm Rummikub	11 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	12 9:00am Video Exercise 1:00pm Fri. Afternoon Cards 6:30pm Trivia Night @ City Church	13
21 EASTER 	15 8:00 am Lifechoices Exercise Group 9:00am Video Exercise 12:30pm Senior Band Practice 1:00pm Paper Crafting	16 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta	17 9:00am Video Exercise 11:30 Spring Luncheon 1:00pm BUNCO \$3 7:00pm Jazz Jam \$3	18 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	19 9:00am Video Exercise 1:00pm Fri. Afternoon Cards	20
28 1:30 Duplicate Bridge	22 EARTH DAY 9:00am Video Exercise 12:30pm Senior Band Practice	23 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta 1:00 Book Discussion	24 9:00am Video Exercise 11:45 Lunch & Learn Melody 1:00pm Coloring Workshop 1:00pm Rummikub	25 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	26 9:00am Video Exercise 1:00pm Fri. Cards	27
29 9:00am Video Exercise 12:30pm Senior Band Practice	30 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 12:30pm Canasta					