

Heartland Senior Services of Story County

Activities and Resources

August, 2019

All Activities at HSS unless noted

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

IOWA STATE FAIR TRIP

Aug 14th, Wednesday
bus leaves at 8:00am
returns at 4:00pm
\$30.00 for bus ride and ticket

IowaStateFair



MONTHLY DANCE

Aug 13th, Tuesday
6:00pm - 9:00pm \$6.00
Moose Lodge in Ames

BUNCO

Aug. 21st, Wednesday
1:00pm \$3.00



BINGO

Thursdays @ 1:00pm
\$1.00 card



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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
						
				1 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	2 9:00am Video Exercise 1:00pm Friday Afternoon Cards	3 5:30pm Cribbage
4 1:30pm Duplicate Bridge	5 9:00am Video Exercise 12:30 Senior Band Practice	6 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Canasta	7 9:00am Video Exercise 1:00pm Rummikub 12:30pm Movie 2:30pm Life Choices Exercise Class	8 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	9 9:00am Video Exercise 1:00pm Friday Afternoon Cards	10
11 1:30pm Duplicate Bridge	12 9:00am Video Exercise 12:30 Senior Band Practice	13 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Canasta 6:00pm Monthly Dance At Moose Lodge, Ames	14 8:00am Iowa State Fair Trip 9:00am Video Exercise 1:00pm Coloring Workshop 2:30pm Life Choices Exercise Class	15 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	16 9:00am Video Exercise 1:00pm Friday Afternoon Cards	17
18 1:30pm Duplicate Bridge	19 9:00am Video Exercise 12:30 Senior Band Practice	20 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Canasta	21 9:00am Video Exercise 1:00pm Bunco 1:00pm Rummikub 2:30pm Life Choices Exercise Class 7:00pm Jazz Jam	22 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	23 9:00am Video Exercise 1:00pm Friday Afternoon Cards	24
25 1:30pm Duplicate Bridge	26 9:00am Video Exercise 12:30 Senior Band Practice	27 8:15am Tai Chi II 9:00am Tai Chi I 9:45am Songbirds 1:00pm Canasta	28 9:00am Video Exercise 1:00pm Coloring Workshop 1:00pm Rummikub 2:30pm Life Choices Exercise Class	29 8:15am Tai Chi II 9:00am Tai Chi I 9:30-12 Health Care 1:00pm Bingo 6:30pm Duplicate Bridge	30 9:00am Video Exercise 1:00pm Friday Afternoon Cards	31