

## Community and Quality of Life

This section provides a number of resources around quality of life in the local Ames community as well as some places nearby Ames, including, but not limited to Des Moines. The list provides information to entertainment, dining, recreation, and additional outlets in the surrounding areas.

Ames Beat is a website that provides information, locations, and directions to different places in Ames, and broader communities. Click **here** [<http://www.amesbeat.com>] to go to the Ames Beat homepage. Most information and resources provided are not limited to what is listed below and can also be located through the Ames Beat.

\*\*\*The ELPS department does not endorse the following list. Rather, the list below is a compilation of resources graduate students have found helpful throughout their stay in Ames. Most of the places listed below can be found using the Ames Beat website.

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**News.** For those who like to stay in the know!

**Iowa State Daily** [www.iowastatedaily.com](http://www.iowastatedaily.com)

**Ames Tribune** [www.amestrib.com](http://www.amestrib.com)

**Des Moines Register** [www.desmoinesregister.com](http://www.desmoinesregister.com)

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**Movie Theatres.** For the movie lovers, here is a list of theaters students go to.

**Cinemark Movies 12** 1317 Buckeye Avenue, Ames, IA. (515)232-5066

**Cinemark North Grand 5 (Dollar Movies. Prices range from .75 to \$1.50)** 2801 Grand Avenue, Ames, IA (515) 233-6575

**Springwood 9** 2829 South Ankeny Boulevard, Ankeny IA. (515) 964-5500

**Fleur Drive Cinema (Shows independent films and has a café)** 4545 Fleur Drive, Des Moines, IA. (515) 287-4545

**Century 20 Jordan Creek** 101 Jordan Creek Parkway, West Des Moines, IA. (800) 326-3264

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**Other Activities.** Some people like comedy clubs, bowling, pool/billiards, etc.

**Perfect Games (Bowling, Pool, Laser Tag, Arcade)** 1320 Dickinson Avenue, Ames, IA (515) 598-2695

**Corner Pocket (Pool Hall)** 125 Main St., Ames, IA (515) 232-1528

**Funny Bone Comedy Club and Restaurant** 560 S Prairie View Drive Suite, 100 West Des Moines, IA. (515) 270-2100 <http://www.funnybonedm.com>

**West Town Pub (Karaoke Tuesday's)** Corner of Mortensen & South Dakota (515) 292-4555

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**Restaurants and Coffee Shops.** There is a plethora of cuisine and coffee shop options in Ames and Des Moines. It is important to know that a lot of places in Ames are close at 2 or 3 pm and re-open at 5 or 6 pm.

**Thai Kitchen (Thai – Cash Only)** 2410 Chamberlain St., Ames, IA. (515) 292-4788

**The Spice (Thai)** 402 Main St., Ames, IA (515) 232-0200

**May House (Chinese – Cash Only)** 3417 Lincoln Way, Ames, IA (515) 292-2089

**Café Beaudelaire (Brazilian)** 2504 Lincoln Way, Ames, IA (515) 292-7429

**The Café (Bakery; Great Sunday Brunch; Eclectic Menu)** 2616 Northridge Pkwy, Ames, IA (515) 292-0100

**Café Shi (Great Sunday Brunch; Asian Influenced)** 823 Wheeler St., Ames, IA (515) 292-2066

**Olde Main (Food & Brewery)** 316 Main St., Ames, IA (515) 232-0053

**Café Diem (Coffee Shop – Central/East Ames)** 229 Main St., Ames, IA (515) 956-3556

**Café Milo (Coffee Shop – West Ames)** 4800 Mortensen Rd., Ames, IA (515) 268-3166

**Big Daddys (BBQ)** 1000 East 14th St. Des Moines, IA. (515) 262-0352

**Centro (Italian)** 1007 Locust, Des Moines, IA (515) 248-1780

**Continental (Eclectic)** 428 East Locust Street, Des Moines, IA. (515) 244-5845

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**Grocery Stores.** Surprisingly there are a few options for grocery shopping as well.

**HyVee West & East** Multiple Ames Locations

**Cub Foods (Less Pricey, Bag Your Own Groceries)** 3121 Grand Ave., Ames, IA, (515) 232-1226

**Wheatsfield (Co-op)** 413 Northwestern, Ames, IA (515) 232-4094

**Pammel Grocery & Deli (Middle Eastern, Asian, East European, African, Indian)** 113 Colorado Av., Ames, IA., (515) 292-9700

**Fareway (More Pricey)** Multiple Ames Locations

**AJ's Market (Tienda Mexicana)** 129 Welch Ave. Ames, IA (515) 268-1722

**La Tapatia (Tienda Mexicana)** 1440 Des Moines St., Des Moines, IA. (515) 265-3390

**Local Havest- Ames Farmer's Market** 526 Main Street, Ames, IA. (515) 292-1936

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**Recreation.** You may want to get active!

**Ames Family Martial Arts Center (Pay to Play)** 231 Main Street, Ames, IA. (515) 232-7002†

**Ames Racquet and Fitness (Pay to Play; May come with apartment)** 2622 Stange Rd., Ames, IA. (515) 292-4741

**Anytime Fitness (Pay to Play)** 5820 West Lincoln Ave. Ames. IA. (515) 268-0444

**Lied Recreation Athletic Center (Free to Students)** Beach Road, Ames, IA. (515) 294-7140†

**Goals in Motion (Pay to Play)** 819 Wheeler St., Ames, IA (515) 233-3186

**Less Known Places.** Here are a few less known places for clothing and hair care.

**Greggs Closet (Urban Wear)** 2408 Chamberlain St. Ames, IA. (515) 460-6181

**Inn and Kim Hair Design** 3312 Indianola Ave, Des Moines, IA. (515) 274-3200

**Imperial Kuttz** 1604 6th Ave, Des Moines, IA. (515) 243-1478

**Platinum Kutz** 2301 University Ave., Des Moines, IA. (515) 255-4555

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**Other Shopping Areas.** Some common shopping locations.

**North Grand Mall** 2801 Grand Ave. Ames, IA.

**Super Wal-Mart** 3015 Grand Ave., Ames, IA

**Wal-Mart** 534 South Duff Ave., Ames, IA

**Target** 320 South Duff Ave, Ames, IA

**K-Mart** 1405 Buckeye Ave., Ames, IA