

# DISCOVER, EXPLORE AND MORE

**September 2019**  
Events and Programs

## ARTIST RECEPTION: ANNA SEGNER

**August addition!** Friday, August 30 at 10:00 AM  
Green Hills Art Gallery Area

Anna Segner is the artist displaying her artworks in the Green Hills Gallery for August. Don't miss this artist reception held in the lobby area near her colorful artwork. Refreshments will be provided.

## HEARTLAND ADULT DAY SERVICES

**Tuesdays from 9:30 AM—1:30 PM**  
Hickory Room

Heartland Adult Day Services will begin in the Hickory Room at Green Hills on Tuesdays from 9:30 AM to 1:30 PM. If you have questions about these services, please contact Laurie Yocum, Adult Day Center Director with Heartland Senior Services at 515-233-2906.

## CHORUS PRACTICE

**Fridays, September 6, 13, 20, 27 at 9:00 AM**  
Community Room

Chorus practice will begin on Friday, September 6 at 9:00 AM. Singers of all levels are welcome. Meet in the Community Room. If you are interested and would like more information please contact Dick McCoy at 357-5393.

## SPOTLIGHT ON SANTA FE

**February 23- 28, 2020**

To guarantee your spot on this tour and take advantage of the \$100 discount, **remember to sign up by Monday, September 16, 2019!**

Discover why Santa Fe is a rich blend of multiculturalism, natural beauty and profound history on this Southwestern getaway. Highlights include: Walking Tour of Santa Fe Plaza, Loretto Chapel, Allen Houser Sculpture Garden, Santa Fe School of Cooking, Bandelier National Monument, El Santuario de Chimayo.

## HAPPY BIRTHDAY!

Barbara Munson—9/5  
Ralph Yoder—9/6  
Patricia Miller—9/11  
Jerry Mathews—9/12  
Anita Dyer—9/13  
Glynn Frank—9/13  
Diane Neal—9/15  
Jenna McCarley—9/19  
Loraine Safly—9/19  
Carol Volker—9/24  
Jan Clark—9/25  
Mary Anne Silence—9/25  
Lucy Futrell—9/26

## Health Care Center

George Oster—9/9  
Carolyn Johnson—9/18  
Bernadine Goetzman—9/20

## Cedar Court

Jean Seiser—9/27  
Randall Cutlip—9/30

## FIRST NATIONAL BANK HOURS

Designated Green Hills hours for First National Bank are on Tuesday and Thursday mornings from 9:00 AM —11:00 AM. Their office is located in the hallway leading to the Community Room.

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## DINING SERVICES

### CHEF'S BREAKFAST

September 5, 12, 19, 26  
8:00—10:00 AM

### GREEN HILLS CAFÉ

Wednesday, September 18  
5:00 PM

### FALL BBQ BASH

Wednesday, September 25  
5:00 PM

### LE BISTRO & LOUNGE HOURS

Monday, Wednesday, Friday 8:30 AM — 3:30 PM  
Tuesday & Thursday 10:30 AM — 5:30 PM  
Saturday 4:00 PM — 6:00 PM  
Sunday 2:00 PM — 5:00 PM

**\*Residents can reserve time outside of Bistro hours for a specific event. Dining Services can cater for any event.**

## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursday, September 5 and 12  
9:30 AM

### Ames Hearing Aid Clinic

Tuesday, September 10  
9:30 AM

These services will meet in the Wellness Center Clinic space.

## SHOPPING TRIPS 1:30 PM

**HyVee:** Tuesday, September 3  
Mondays, September 9, 16, 23, 30

**Fareway:** Thursdays, September 5, 12, 19

**North Fareway:** Thursday, September 26

**Target / Walmart:** Tuesday, September 24

## TRANSPORTATION BY REQUEST

For townhome, Oaks and Maples residents, a Green Hills van is available each Monday through Friday, during non-bus events, for rides to non-medical locations within the Ames city limits. Service hours will be 9:00 AM to 3:00 PM. \$5.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

## IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Bill Buss.



## MOVIES AT GREEN HILLS Held in the Green Hills Theatre

### ALWAYS BE MY MAYBE

Monday, September 2 at 7:00 PM  
Wednesday, Sept. 4 and Friday, Sept. 6  
at 2:00 PM

Childhood sweethearts have a falling out and don't speak for 15 years, only reconnecting as adults when Sasha runs into Marcus in San Francisco. Although the old sparks are still there, the couple live in different worlds. (PG-13, Comedy / Romance, 1 hour 42 minutes)

### HIDDEN FIGURES

Monday, September 9 at 2:00 PM & 7:00 PM  
Thursday, September 12 at 2:00 PM

Three brilliant African-American women at NASA serve as the brains behind the launch of astronaut John Glenn into orbit: a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. (PG, Biography / Drama, 2 hours 7 minutes)

### GAME NIGHT

Monday, September 16 at 2:00 PM & 7:00 PM  
Friday, September 20 at 2:00 PM

A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery when the shady brother of one of them is seemingly kidnapped by dangerous gangsters. (R, Action / Comedy, 1 hour and 40 minutes)

### THE QUIET MAN

Monday, September 23 at 2:00 PM & 7:00 PM  
Thursday, September 26 at 2:00 PM

After accidentally killing an opponent in the ring, boxer Sean Thornton (John Wayne) leaves America and returns to his native Ireland, hoping to buy his family's homestead. In doing so, he runs afoul of Will Danaher who long coveted the property. Spitefully, Will objects when his fiery sister, Mary Kate, begins a romance with Sean, and refuses to hand over her dowry. Mary Kate refuses to consummate the marriage until Sean retrieves the money. (G, Drama / Romance, 2 hours 9 minutes)

### A WALK IN THE WOODS

September 30 at 2:00 PM & 7:00 PM

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends. (R, Adventure / Biography, 1 hour and 44 minutes)

# GREEN HILLS ON-SITE SPECIAL EVENTS

## **SHERRY LUXTON CLASSICAL PIANO CONCERT**

**Saturday, September 7 at 3:00 PM**

**Community Room**

The talented Sherry Luxton is back, and performing a great piano concert just for Green Hills. Sherry plays mostly classical music and will feature songs from Beethoven, Chopin, Liszt, Gershwin and other classical artists.

## **FLOATS AMONG THE FLOWERS**

**Tuesday, September 10 at 2:30 PM**

**Sensory Garden**

Come to the Sensory Garden to enjoy a refreshing ice cream float. We will have a variety of flavors to choose from. Enjoy conversing with your friends and neighbors.

## **PINE RIDGE INDIAN RESERVATION**

**Wednesday, September 18 at 10:00 AM**

**Community Room**

Learn about life on the Pine Ridge Indian Reservation-- history, culture, struggles, signs of hope and how all of our small donations make a big difference. The program will be presented by Kris Parsons and Dave Krumm. Kris and Dave have been involved with the program since the beginning.

## **JAZZ AT GREEN HILLS**

**Monday, September 23 at 2:00 PM**

**Community Room**

Andrea Domenici (piano) and Fabrizio Sciacca (bass) will share their music with us today. Both natives of Italy, Andrea and Fabrizio are recent graduates of prestigious music schools in New York City. This is their first USA tour as rising stars in the international jazz scene.

## **TARIFFS AND TRADE:**

### **LOOKING BACK AND LOOKING FORWARD**

**Tuesday, September 24 at 10:00 AM**

**Community Room**

Over two and a half centuries, the federal government experimented with a wide range of tariff and trade policies. Despite this long history, current tariff and trade policies have few precedents. This talk will explain tariffs and discuss both the history of international trade policy and where we appear to be headed.

John Dobson graduated from MIT with a double major in physics and history and subsequently earned a PhD in history at the University of Wisconsin. He taught at Iowa State University for over three decades as well as at other universities in the US and internationally, specializing in diplomatic, business, and political history. He has published seven books including *Two Centuries of Tariffs* and has periodically lectured on other topics at Green Hills.

## **SEPTEMBER**

### **DEVOTION SERVICES**

**Wednesdays at 10:30 AM**

**HCC Activity Room**

#### **4- Memorial Lutheran**

Pastor Heilman

#### **11- Northminster Presbyterian**

Pastor Jim DuBois

#### **18- Trinity Lutheran Church**

Pastor Jon Rollefson

#### **25- Communion:**

**First United Methodist**

Reverend Dr. Kirkpatrick

A special thank you  
to our pastors and pianists  
who volunteer weekly to provide  
this special service.

## **AARON SHOEMAKER**

**Wednesday, September 25 at**

**3:30 PM**

**Community Room**

Aaron Shoemaker has over 3500 hours of performance experience. He brings Vegas straight to you. The show features hits from Frank Sinatra, Dean Martin, Elvis Presley and their contemporaries. You are sure to love this one of a kind entertainer.

## **HCC CARNIVAL**

**Thursday, September 26 from**

**2:00- 4:00 PM**

Volunteers are needed to run a game booth, food table, or escort a resident to this event. Contact Leisure Services for more information.

## **SUNSHINE STROLLERS**

### **SOCIAL**

**Friday, September 27 at 10:00 AM**

**HCC Activity Room**

Today begins our monthly social gatherings. Meet in the health care activity room to visit with your health care friends. Refreshments will be provided.

## COMMUNITY WIDE EVENTS AT GREEN HILLS

<b>SEPT 3 (TUES)</b> <b>3:00 PM</b>	<b>BINGO</b> Join your friends and neighbors in the health care activity room for this popular game. Refreshments and prizes will be provided.
<b>SEPT 4 (WED)</b> <b>10:00 AM</b>	<b>TED TALKS</b> Ted Talks will offer insight into the issue of food supply with time for discussion. This program will be held in the GH Theatre.
<b>SEPT 4, 11, 18, 25 (WED)</b> <b>3:00 PM</b>	<b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
<b>SEPT 5, 12, 26 (THURS)</b> <b>10:00 AM</b>	<b>MEN'S COFFEE</b> Meet in the Main Dining Room for this men's group social.
<b>SEPT 5, 12, 19, 26 (THURS)</b> <b>1:30 PM</b>	<b>THE BISTRO STITCHERS</b> Meet in Le Bistro and bring any type of hand work you are currently working on. Get acquainted with others who are working on their own projects. Whether or not you have a project, you are welcome to sit and visit with this weekly informal social group.
<b>SEPT 5 (THURS)</b> <b>3:00 PM</b>	<b>SING-ALONG WITH US</b> Sing with your friends and neighbors in the new Community Room space. Refreshments will be provided. <b>Volunteers are needed to escort residents (or push wheelchairs) back to the Health Care Center or Cedar Court Memory Care after the program.</b>
<b>SEPT 7 (SAT)</b> <b>11:45 AM</b>	<b>POTLUCK</b> Bring table ready food, serving utensils (all labeled) and <b>table service including a beverage glass.</b> Serving will begin at 11:45 AM in the <u>Community Room.</u>
<b>SEPT 9 (MON)</b> <b>9:30 AM</b>	<b>WOMEN'S COFFEE</b> We will meet in the Main Dining Room. Everyone is welcome to join.
<b>SEPT 11 (WED)</b> <b>10:00 AM</b>	<b>EMERGING DISEASES OF FOOD ANIMALS THREATENS GLOBAL FOOD SECURITY</b> is the topic of this month's Continuing Education program presented by Dr. James Roth. This presentation will be held in the Community Room.
<b>SEPT 13 (FRI)</b> <b>1:00 PM</b>	<b>BENEFITS OF MAGNESIUM</b> Come to the Aerobics Room to learn about the benefits of Magnesium and make Magnesium lotion. Shannon Smith will give this presentation.
<b>SEPT 14 (SAT)</b> <b>3:00 PM</b>	<b>GAMEWATCH IOWA VS IOWA STATE FOOTBALL</b> Watch the big game with your friends in the Main Dining Room.
<b>SEPT 18 (WED)</b> <b>2:30 PM</b>	<b>TRIVIA TIME</b> Join us for an afternoon of snacks and intellectual wellness with the emphasis on fun! There are 6 categories with various degrees of difficulty, so everyone can participate. Meet in the <u>Hickory Meeting Room.</u>
<b>SEPT 19 (THURS)</b> <b>10:00 AM</b>	<b>KAFFEE KLATSCH</b> All residents are invited to this social event held in the Main Dining Room. Refreshments will be provided.
<b>SEPT 19 (THURS)</b> <b>2:30 PM—3:30 PM</b>	<b>LE BISTRO BANTER WITH JESSE</b> Get to know Jesse S., Office Coordinator, at this monthly social held in Le Bistro.
<b>SEPT 27 (FRI)</b> <b>4:30 PM</b>	<b>CLUB 2200</b> Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Sign up at the reception desk for the Grill Out.

# CLUBS AND SUPPORT GROUPS

## CLUB MEETINGS:

<b>SEPT 11 (WED)</b> <b>2:00 PM</b>	<b><u>BOOK CLUB</u></b> This month we will discuss the book <i>Where the Crawdads Sing</i> by Delia Owens. Ann Hein will be the discussion leader. <b>(Pine Meeting Room)</b>
<b>SEPT 19 (THURS)</b> <b>2:00 PM</b>	<b><u>WINDOWS COMPUTER CLUB</u></b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. <b>(Arts and Crafts Room)</b>
<b>SEPT 25 (WED)</b> <b>1:30 PM</b>	<b><u>TECHNOLOGY CLUB</u></b> Share your knowledge or get answers to your questions. All residents are encouraged to come. <b>(Arts and Crafts Room)</b>

### ALZHEIMER'S SUPPORT GROUP

**Tuesday, September 10 at 10:00 AM**  
**Health Care Activity Room**

Green Hills offers a support group for family and friends of those who suffer from Alzheimer's Disease. This support group typically meets the second Tuesday of each month. Information about Alzheimer's Disease will be available and there will be time to share stories, experiences and support. There is no charge to attend. For additional information, please contact Tina B., Social Services Coordinator, at 515-357-5020 or email: [tinab@greenhillsrc.com](mailto:tinab@greenhillsrc.com).

### CAREGIVER SUPPORT GROUP

**Monday, September 16 at 2:00 PM**  
**Lindens Meditation Room**

Often times, we hear caregivers say they are looking for support from people who "really understand because they've been there too." Our Caregiver Support Group offers just that- a place for caregivers, families, and friends to meet and develop a mutual support system. The Caregiver Support Group allows people to exchange practical information on caregiving problems and discuss possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns, and learn about resources available at Green Hills and in the community.

The Caregiver Support Group meets every third Monday of the month for an hour, from 2:00— 3:00 pm in the Lindens Meditation Room.

Please contact Rian J., Health and Wellness Nurse Navigator at 515-357-5033 or [rianj@greenhillsrc.com](mailto:rianj@greenhillsrc.com) for any questions.

### BILLIARDS & CRIBBAGE



Cribbage is a card game that is traditionally played with 2 players and a standard 52-card deck. Roger Beckett is the current holder of the Traveling Trophy for this fun game! Contact Roger (5218) if you are interested in playing or want to learn how to play.

Residents are also still playing billiards! If you are interested in playing or learning how to play, contact Herb Harmison (5396). Our Green Hills Billiards table is located on the second floor of the Lindens.



### POOL TIME WITH KATHRYN

Kathryn Andre will have "Pool Time with Kathryn" every Monday, Wednesday and Friday afternoons from 2:30 to 4:30 PM beginning on Monday, September 2nd and continuing through May 2020. Kathryn has experience with water exercises and has taught aqua fitness classes for many years. Use her as a buddy to swim in the pool or do your own exercises. She would be happy to recommend new exercises to you.

### TO-GO CONTAINERS

A total of 68 container boxes were delivered to Food at First for the month of August. Pickup dates for September will be Tuesday, September 3rd and Tuesday, September 17th. There is a large green box located in the Maples first floor trash room for your containers, or Oaks and Maples residents may use the trash rooms on their respective floors. Thanks all the donations and for washing the containers before bringing them to the collection sites.





# THE LINDEN LETTER

## **NATIONAL ASSISTED LIVING WEEK SOCIAL**

**Monday, September 9 at 3:00 PM**

Come socialize with your friends and enjoy some goodies while we celebrate the time we have spent together in the Lindens!

## **9/11 REMEMBRANCE DAY**

**Wednesday, September 11 at 3:00 PM**

We probably all remember where we were and what we were doing on that tragic day 18 years ago. On this day, the World Trade Towers in NYC and the Pentagon in Washington DC were attacked. Join us on the first floor of the Lindens to take some time to reflect and think about all the loved ones that were lost that day and how our country grew stronger from it.

## **IOWA vs IOWA STATE GAME DAY**

**Saturday, September 14 at 3:00 PM**

The biggest football game (for most of us) has finally arrived! These two Iowa universities have played each other 66 times. The Cyclones have won 22 times. Whether you are a Cyclone or Hawkeye fan, come cheer on your favorite team and enjoy the game with your friends and snacks! Don't forget to wear your team's colors. GO CYCLONES!

## **WATERMELON MONDAY**

**Monday, September 16 at 3:00 PM**

Who doesn't love a fresh, juicy, delicious piece of watermelon? This refreshing fruit is known for being very hydrating. Hence the name, watermelons are 92% water, which helps you feel full. Come to the 1st floor of the Lindens and enjoy a piece with your fellow tenants!

## **NATIONAL QUESO DAY**

**Friday, September 20 at 3:00 PM**

Served alongside tortilla chips, chile con queso is most frequently referred to as just "queso" or "cheese dip". It is a mixture of cheese and peppers. We will enjoy this creamy dip together on the first floor of the Lindens.

## **FIRST DAY OF FALL SOCIAL**

**Tuesday, September 24 at 3:00 PM**

The leaves are starting to change, there is a crisp coolness in the air, sweater weather has finally arrived! We will be serving fall treats and talk about this beautiful time of the year.

## **STAFF SPOTLIGHT: ALLISON BUCKERT**

Allison is a Resident Aide in Assisted Living and also helps with Home Health during the weekends. She has worked at Green Hills for almost 10 months. Allison is also the lead on activities in the Lindens. She helps decide activities and plans them.

Allison is a student at Iowa State University. She is studying Kinesiology and Health and is planning to go on to Physician Assistant school to practice in either Family Medicine or Dermatology.

A fun fact about Allison is that her family collects and restores antique tractors. She also recently traveled to Jamaica with her friends over spring break!



# HEALTH CARE HAPPENINGS

## WELCOME

We extend our warmest welcome to Dixie Jensen, Martha Anderson, Art & Maryan Tebbutt, Jim Sperfslage, and Tom Wheelock.

## SCENIC BUS RIDE: LITTLE WALL LAKE Wednesday, September 4 at 3:00 PM

Located in Hamilton County, this park and lake are used for camping, hiking, water skiing, boating, fishing, hunting, and so much more! Join us on this fun bus outing. Riders must be able to walk up the steps of the Green Hills Bus to attend this event.

## LUNCH BUNCH TO VILLAGE INN Tuesday, September 10 at 11:00 AM

For nearly 60 years, Village Inn has been serving breakfast. This Ames restaurant has a large variety of items on their menu. Make sure you save room for pie! Money is not needed for meal outings; the lunch will be billed to the resident's account. We are able to accommodate wheelchairs on this outing.

## ORIGAMI

**Tuesday, September 17 at 3:00 PM**

Origami is the art of paper folding, which is often associated with Japanese culture. It can be beneficial by improving hand control, motor coordination skills, and it helps build muscles. It stimulates your brain and can help you build your focus. We will learn how to fold a few classic and simple origami folds. Join us in the activity room for this unique craft.

## ARMCHAIR TRAVEL: ARGENTINA Thursday, September 19 at 3:00 PM

The culture of Argentina has strongly been influenced by its Latin roots and European immigrant population. The Argentine population is hardworking, well educated, and actively invested in the arts. Have you ever been to this country? Come to this educational presentation to hear more and share your own stories.

## CARNIVAL LUAU

**Thursday, September 26,  
2:00 PM—4:00 PM  
Community Room**

This year's Carnival theme hosted by the Nursing Staff is "Luau". There will be fun games, including a dunk tank where upper management will take turns getting dunked...so work on your aim! Food and refreshments will be provided and the Grand Prize will be an autographed ISU Basketball.

## CEDAR COURT

### MUSIC THERAPY

**Thursdays**

**September 5, 12, 19, 26 at 2:00 PM**

Music works in amazing ways. Studies show that listening to music can help reduce anxiety, improves healing, and can help manage Parkinson's and Alzheimer's disease. Michelle will be in Cedar Court on these days to provide us with fun music.

### FRIDAY THE 13TH

**Friday, September 13 at 11:15 AM**

This day is considered to be the most unlucky day of the year. We will discuss different phobias, such as Ailurophobia (fear of cats).

### BIRTHDAY PARTY

**Tuesday, September 24 at 2:00 PM**

Happy birthday to you! Help us celebrate Randall and Jean's birthdays today with cake, ice cream and piano music by Peggy Earnshaw. Family and friends are always welcome to join us in Cedar Court.

# ISU & COMMUNITY / OFF-SITE EVENTS

The bus has been scheduled for the following events. Please sign up early to reserve your seat on the bus! Tickets should be purchased on your own.

Tuesday, September 3	5:45 PM	ISU Volleyball vs South Dakota	Hilton Coliseum
Wednesday, September 4	3:00 PM	HCC Scenic Bus Ride	Little Wall Lake
Friday, September 6	1:00 PM	Park Walk	Daley to Christopher Park
Friday, September 6	5:45 PM	ISU Volleyball vs Penn State	Hilton Coliseum
Sunday, September 8	11:15 AM	ISU Volleyball vs LSU	Hilton Coliseum
Sunday, September 8	6:15 PM	Criss Angel	Stephens Auditorium
Monday, September 9	4:30 PM	Prairie Meadows Dinner & Horse Racing	Altoona, IA
Tuesday, September 10	5:45 PM	ISU Volleyball vs UNI	Hilton Coliseum
Tuesday, September 10	6:15 PM	ISU Lecture: Emotions	Memorial Union
Thursday, September 12	9:00 AM	Ada Hayden Golf Cart Tour	Ada Hayden
Saturday, September 14	2:00 PM	ISU Football vs Iowa	Jack Trice Stadium
Monday, September 16	4:45 PM	Dining Out with Kat at El Azteca	Ames
Monday, September 16	6:15 PM	ISU Lecture: My Battle with Mental Illness	Great Hall, Memorial Union
Tuesday, September 17	10:30 AM	Lunch to Harvey's at Hotel Pattee	Perry, IA
Tuesday, September 17	4:45 PM	ISU Lecture: Free Speech & Academic Freedom	Sun Room, Memorial Union
Thursday, September 19	6:30 PM	Beyond the Glass Reopening Gala	Brunnier Art Museum
Thursday, September 19	7:15 PM	The Head and The Heart	Stephens Auditorium
Friday, September 20	1:00 PM	Park Walk	Ada Hayden
Friday, September 20	6:45 PM	Actors: Play On	Actors Theatre
Saturday, September 21	TBA	ISU Football vs Louisiana-Monroe	Jack Trice Stadium
Thursday, September 26	6:15 PM	Nick Offerman	Stephens Auditorium
Friday, September 27	6:45 PM	Ames Town & Gown	First United Methodist Church



## GREEN HILLS DAY TRIPS

Join us on our group adventures! Here's what is coming up soon and a look at future trips.

### PRAIRIE MEADOWS DINNER & HORSE RACING

**Monday, September 9th**

**Apartments: 4:30 PM Townhomes: 4:35 PM**

Enjoy a delicious buffet while watching the races from the comfort of your own table. Champions restaurant is located on Level 4 with a view of the racetrack. Thoroughbreds are known for their agility, speed, and spirit. **Sign up by Monday, September 2nd!** Buffet price of \$24.55 which includes tax and tip will be billed to your account on Tuesday, September 3rd.

### FALL COLOR, ART AND A TASTE OF FORT DODGE

**Tuesday, October 8th**

**Apartments: 8:30 AM Townhomes: 8:35 AM**

Travel northwest to Fort Dodge with a fall color ride through **Dolliver Park!** In Fort Dodge, we'll see the **Grain Silo Mural** on an abandoned grain silo commissioned as part of the city's Northwest River District Revitalization Plan. Using only a few tones of hand-mixed acrylic and aerosol paints, Australian artist Guido van Helten transformed the 110-foot-high grain silo into the largest mural in Iowa. He based the images on photos of local residents he met and interviewed. Our step-on guide will talk about the mural project and give us an update on what's new and upcoming in Fort Dodge.

Next, we'll have lunch at a local favorite, **Tea Thyme at Sadies**. Each day Tea Thyme's kitchen staff prepares five entree's using only the freshest ingredients. Expertly prepared salads and their famous soup in the bread bowl are available daily.

After lunch, we'll visit **Soldier Winery**, a family-owned operation that strives to foster education and enthusiasm for wine in a fun and welcoming environment. Learn about their story and sign up for an optional wine tasting.

Our final stop will be **Community Orchard**, a family operated orchard that produces apples and pumpkins. Community Orchard includes a bakery, cafe, retail shop and more. The retail market, Apple Attic, has 20 varieties of apples, home decor, seasonal items, gourmet and unique Iowa food products. The cafe features fresh apple treats, juices and homemade fudge. We'll tour the kitchen and then have time to shop and/or order a sweet treat!

Cost: Order and pay individually at Tea Thyme at Sadies and Community Orchard. The optional wine-tasting charge of \$5.00 will be billed to your account if you choose to participate.

Time of return at Green Hills: Approximately 5:00 PM



### A SNEAK PEAK AT NOVEMBER— ISU BRUNNIER ART MUSEUM & LUNCH

**Date to be Determined—November**

Tour the newly remodeled Brunner Art Museum. The project includes a new all-glass entrance to the museum and expanded exhibition space.